

# *The Mistress Manual*

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*The Good Girl's Guide  
to Female Dominance*

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*by Lorelei*



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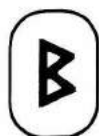
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*Female Dominance*

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*by*  
*Lorelei*



**Berkana Press**  
Springfield, Pennsylvania

*The Mistress Manual: The Good Girl's Guide to Female Dominance,*  
by Lorelei

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*This Book is dedicated to  
the Maids, Slaves, and Submissives  
who serve us so well  
and with such pleasure*

*and always for my beloved husband*

*Her influence over him  
had given him some influence over her.*

*—Jane Austen, Mansfield Park*

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## Acknowledgments

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No author, no matter how daring her thesis, how original her language, and how solitary her life, can claim to have worked alone. I have more than the usual thanks to offer, for my friends of The Ladies' Discipline Society have been my collaborators in many ways. They generously shared their time, their slaves, and their ideas and experiences with me as I sought to improve my understanding of the techniques of Female Rule and the psychology of the male submissive. I would be happy to name them, but they prefer mysterious power to vulgar publicity. As one Lady elegantly phrased it, "Wouldn't your readers prefer to wonder if every Woman they meet is a secret Dominatrix controlling the destiny and desire of a submissive male, rather than knowing the names of a mere dozen or so of us?"

Considering that the first scenario is always possible (for any Woman may be a Mistress), I had to agree. Therefore, my friends are not named, but they are always present in the hints and techniques given here.

I would also like to thank my friends—Dom/me, sub, and switch—on the Variations II board of CompuServe. The electronic community of D&Sers has been entirely warm, supportive, and loving. What more could a Dominatrix ask?

My second thanks must go to my very dear husband, without whose help, support, and encouragement I would never have undertaken this book. He has helped in a thousand ways, from rubbing his tired Mistress's feet to proofreading the text. Grateful thanks and affection to the finest, gentlest husband ever born—and to a wonderful, if occasionally rebellious, submissive.

Finally, I would like to thank you, my Reader. I hope the ideas and techniques presented here will add new interest to your sexual relationship. My mission is to help you find the power and freedom of your Dominant self, the joy of sharing the most intimate of all acts, and new self-esteem as a Woman. Also, to have fun and help you have fun. If you have any comments, questions, or ideas you'd like to share, please let us know. Our address is on the copyright page at the front of the book. We're always glad to hear from you.

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## *A Necessary Warning*

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You may have read the vital safety tips for dominance play a thousand times already. I don't care. You must read them again. A moment of carelessness could cause a lifetime of sorrow and regret.

1. Never play when you have been drinking or using drugs. Even a small amount can weaken your judgment enough to cause a potentially dangerous or even fatal accident.
2. Play only with consenting adults. Remember the motto "Safe, sane, and consensual."
3. Use appropriate safe-sex precautions whenever you are exchanging bodily fluids with someone who may be HIV-positive. Even in the context of a long-term monogamous relationship, you skip these precautions at your own risk. If you don't know what the precautions are, ask your doctor.
4. Discuss all scenarios, fantasies, and techniques thoroughly beforehand. You should know your partner's tastes and his potential landmines as well as you know your own.
5. If a session becomes too physically or emotionally intense, the submissive must use a safeword, agreed on beforehand. And the Dominatrix must stop immediately. Don't ever

exact a penalty for use of the safeword. It may seem like a good idea—punishing him for being unable to take punishment—but it is sadistic, not erotic.

6. Strike wisely and not too hard. Never punch, kick, whip, or slap your submissive's nose, neck, chest, or stomach; you can kill him. Blows over bone or joints instead of muscle are equally dangerous. Avoid striking him on the feet or kidneys as well. In short, strike only the well-muscled parts of the body: the buttocks, upper thighs, and perhaps upper back. An occasional face slap, if you avoid the ears, is also okay. Cock-and-ball punishment must be done exceedingly carefully!
7. Don't ever, ever tie something tightly around the submissive's neck. Hanging or strangulation play is not within the scope of Female Domination—and it can be fatal! Don't gag your partner if his nose is stuffed up, and make sure he can signal you if the gag becomes too much for him. Stomping his foot three times may work well.
8. Don't insert fragile or huge items into his anus; be gentle and sensible. Use plenty of lubrication.
9. Keep a first-aid kit handy and know how to use it. Don't be afraid to call an ambulance. Better a little embarrassment than a lifelong guilty conscience.
10. Never use a discipline session to work out your frustration and rage on him. Deal with real issues in the real world, play issues in the fantasy world.



11. If a particular scenario or technique bothers your partner, avoid it! Respect his limits. And respect your own. If he wants to be birched until he bleeds, and you don't wish to do it, don't. You have every right to refuse to do something dangerous or distasteful.
12. Remember the difference between fantasy and reality. Books and films are exaggerated to make a point. So be careful with all ideas gleaned from fiction, film, and magazines. Even the ones in this book should be taken slowly and carefully. Everyone has different limits.
13. For the love of God, use a little common sense!



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# *Introduction: How to Use This Book*

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*Most power is illusory and perceptual.  
You have to create an environment in which  
people perceive you as having some power.  
—Carrie Saxon Perry*

*The Mistress Manual* is a step-by-step guide to Female Domination of submissive males. Some of the techniques may be adaptable to other types of Dominance/submission play, but the focus is strictly on heterosexual Female Dominance. The book was written by an experienced Dominatrix as though she were giving advice and instruction to a friend and fellow practitioner of all the delightful arts of Female Rule. This book is designed to be readable and informative to Ladies at all levels of the art, from the timid young Girl who has never yet openly commanded a male creature to the experienced Woman who lives her choice of fantasy full-time.

Perhaps most important, this *book* is the work, not of a submissive male fantasizing about the perfect Dominatrix, but by a practicing Mistress, with the help and advice of various friends who also believe in maintaining a firm hand on the reins. I am not a professional Dominatrix, but a happy amateur with years of experience in controlling a stubborn male submissive. (Although

that phrase may sound to an inexperienced Mistress like a contradiction in terms, I assure you it is not. If males were truly submissive, the Mistress's task would be considerably simpler—but much less fun. But more of that later.)

## WHAT IS A MISTRESS?

To the vulgar-minded person a Mistress is a male's sexual plaything, pathetically eager to please the arrogant male who pays for her services, dropping every other interest (if she has any) to be at his beck and call for an afternoon tryst. In short, she is not Mistress; he is Master.

How different is our conception of a Mistress! She crooks her little finger, and her male submissive rushes to obey. She declares her wrath in no uncertain terms, and her vassal quivers in fright, knowing that his inevitable punishment will be severe. She lounges at her ease, and her sissy maid serves her, curtsying as he proffers a tray. She is strong, cruel, in command; he is weak, punished, in submission. Yet both are happy, far happier, I daresay, than the other sort of Mistress and her keeper.

The Mistress draws her ideas and fantasies from a broad range of possibilities. Depending on her fantasies and those of her partner, she may be one of five sorts of Dominatrix.

1. The affectionate Nursemaid, who teases, clysters, and chastises her diapered charge.
2. The stern Governess, who spansks, paddles, and canes a naughty schoolboy.
3. The harsh and exacting Queen, who demands constant service and punishes her sissy maid.

4. The cruel Amazon, who mocks, dominates, and torments her sex slave.
5. The Goddess, who commands worship of her Female beauty and divinity.

There are, of course, other roles in other fantasies, but these five are the basic patterns from which most discipline sessions are drawn. (More details on the five types of fantasies—how to identify and use them—is given in Chapter 9.)

As a skilled Mistress, I understand how to employ these roles so as to take advantage of their subtle individual charms. In the pages of *The Mistress Manual*, I will train you, my dear Reader, to do so. If you apply yourself to your lessons, you can learn to dominate your man for a lifetime, guaranteeing yourself continuing sexual pleasure and the satisfaction of a job well done. In return, your submissive will offer you slavish devotion, for only in the wise care of a well-trained Mistress can he find peace and happiness.

## WHAT MAKES THIS BOOK DIFFERENT?

Because I am a woman and an amateur Dominatrix, speaking to my fellow Females, this book differs from almost all others now available. Most books on the topic are either male-written fantasy fiction (thus inherently unrealistic) or penned by professional Dominatrices, who may offer wonderful advice but have a considerably different viewpoint than the amateur.

For one thing, this book is more realistic than the volumes of fantasy fiction. The techniques work, and, if practiced with a modicum of common sense and consideration, they work safely. Every technique has been tested by real Mistresses on their willing

slaves. Although you may not wish to take advantage of all the methods for domination, punishment, reward, and control that I present here, you may rest assured that each and every one of them meets the needs of real-life submissive males.

Moreover, all the methods can be practiced safely by a reasonable Dominatrix. (Some of the fiction published on the subject ranges dangerously far into the realms of fantasy about precisely how much punishment one human body can safely withstand.) I have excluded some techniques that are inherently dangerous—catheterization, for example, which should be done only by a Mistress trained in medical skills. Body piercing, likewise, should be performed only under medical supervision.

As a Woman reared in a sexist society, I can understand the complex feelings associated with dominating a full-grown male far better than even the best-trained submissive ever could. The terror and delight of command are best appreciated by those who understand all too thoroughly the fears and distortions forced upon the average Woman by our sick patriarchal society. (More on this interesting topic in Chapter 2.)

Furthermore, I can offer practical help to the reluctant Mistress. Many Women become involved in Female Dominance to please a submissive husband or boyfriend: a tragicomic turn of affairs, when mere males understand better than we do that we should and must be supreme! If you feel troubled by your role as Mistress, read Chapter 2 thoroughly. There I offer specific answers to your questions and worries about Ruling males, as well as a moral and intellectual justification for Female Dominance.

As an amateur and not a professional, I must take notice of the need to maintain a healthy relationship with my submissive. He is my husband, after all, not merely my slave. Although a professional must possess sufficient skill to elicit and play out her client's fantasy, she need not worry over whether he is working too hard or guard herself against hurting his feelings as well as his

naughty backside. (How to maintain a healthy relationship outside the fantasy is explored in Chapter 4.)

On the other hand, being an amateur and not a professional allows me to dispense with the boring and decidedly unerotic practice of mentioning the need for negotiation with every third breath. Certainly negotiation and a safeword are vital to a safe and pleasant experience; however, to preserve the illusion of your total power, these negotiations must be done beforehand, not on the spot.

Imagine a Dominatrix, head held high, commanding her slave to kneel for the punishment he has so richly deserved and then adding, in a scared voice, "if you don't mind." The submissive male just sighs to himself and prepares for yet another unsatisfactory session, eked out by liberal doses of fantasy. The Mistress feels helpless instead of enjoying her innate strength and power.

A pitiable situation indeed, and one easily remedied. Discuss the scene before, discuss it after, but only during an emergency should you discuss it during. I have, of course, explained the need for consent and safewords and so forth in the chapter entitled "A Necessary Warning." If you have not yet read it, read it immediately! And re-read it once a month; complacency is exceedingly dangerous!

Also, since this is a how-to book, not a novel or fantasy, I have taken time to discuss the appropriate situations for various types of punishment and the occasional reward. I have also made sure that you, the Reader, understand not just the physical sensations each scene should produce in the naughty submissive but also the mental and emotional state it is designed to evoke. Many new Mistresses make the mistake of identifying power with punishment. The error is natural; often these Ladies have no wise older Mistress to guide them, and the prevailing literature does seem to emphasize pain at the expense of true submission.

Few submissive males, however, are interested in pain per se; they seek pain in a context of humiliation, submission, and Female power but will settle for pain and their private fantasies, if no better choice is offered. *The Mistress Manual* offers that better choice. You will come to understand the psychology of the submissive male, the meaning of his fantasies, and the best way for you both to enjoy fulfilling those fantasies. (Chapter 1 explains the joys of submission and Dominance; Chapter 9 offers insights into taking advantage of his fantasies.)

## USING *THE MISTRESS MANUAL*

The impatient Reader may sigh, looking at “another great, square, thick book” that demands her attention. You need not read the book straight through, as though it were a text assigned for class. Instead, browse through the table of contents, seeking topics that interest you. Make notes to yourself about which techniques seem exciting. (If you come up with any new and interesting methods, write them down and mail them to me; I may include them in a sequel to this volume. All letters become property of Berkana Press, of course.)

You may choose to allow your slave, as a special treat, to read a section or two of the book, but I strongly recommend that you do not permit him to read the whole book. Revealing a Mistress’s secrets is prejudicial to the maintenance of order, and if possible you should avoid using harsh measures to re-establish your authority. (Frankly, it isn’t good form. A steady authority combined with a capricious taste in chastisements is not only more effective, it’s better style.)

Moreover, your submissive will gain far more true satisfaction from a new and surprising punishment—especially if he believes you have created it just for him—than from any exercise



from a book. Later on, however, when the punishment is more familiar, you should use anticipation to intensify his sensations. All things in their time!

Instead of sharing the book with your submissive, why not discuss it with a friend who also enjoys Female Dominance? If you are unsure of her tastes, it could provide an effective opening for the discussion of your habits and fantasies. If you know her to be a Mistress, reading the book together could spark fascinating discussions of theory and practice, in which you both could learn new ideas. Few people need a support system as much as the Mistress; her entire existence is a rebellion against our patriarchal culture, and despite her strength, her isolation calls for the help and encouragement of her Dominant Sisters. I myself could never have written this book without the help of my friends in The Ladies' Discipline Society, a group that meets once a month for the exercise of discipline and the sharing of ideas and feelings.

## ASSUMPTIONS AND RECEIVED IDEAS

In this volume I have made several assumptions. In order to avoid the ennui of repeating certain warnings over and over again, let me state here that I am assuming that the two of you are involved in a lasting, monogamous relationship; that neither of you is HIV-positive or that both of you are; that you are otherwise physically healthy and normal; that you have and use a safeword; that you are consenting adults, not kidnap victims or children; that you are not seeking to destroy one another emotionally or in any other sense; that you are reasonable and stable human beings; that you do not include third parties (or fourth, or eightieth) in your games without their full knowledge and informed consent; that you are using Female Dominance as a game and a fantasy mutually agreed upon and agreeable.

I am not responsible—legally, morally, or in any other fashion—for the mental, emotional, moral, or physical well-being of any reader who contravenes these rules, behaves irresponsibly, misreads instructions, suffers physical or emotional traumas, or has physical or emotional problems apparently arising from participation in fantasy play. In other words, you are grown-ups now, and fully responsible for your own safety and health. Should you harm yourself or someone else during play, the fault is entirely and legally your own. Clear? Now you can begin to have fun.

# Part I

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## Becoming a Mistress

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Before you can be a Mistress, you must become one. Although some lucky young Girls never lose their magical sense of their own power and glory, too many Females have the authority crushed out of them at an early age. Whether you already revel in your power or fear to take up the Sovereignty you long for, this section of *The Mistress Manual* will guide you through the process of claiming your Feminine authority and entering the world of Female Dominance.

Chapter 1 is a catalogue raisonnée of the many exquisite pleasures proper to Dominant Women and their male submissives. Experienced Ladies will be refreshed by the listing, while Girls new to the game will begin to understand the attractions of Petticoat Government not just for themselves, but also for their subservient partners.

Chapter 2 is designed for the reluctant Dominatrix: a Lady who fears to take up her scepter and call her Queendom her own. Her partner may ardently desire to humble his male self at her feet, yet she resists. In this chapter I offer some suggestions to convince the guilty or unwilling Mistress to give Female Rule a try. In addition, I include a brief philosophical justification for Female Rule that should encourage even the most passive or egalitarian Lady. So far as I know, no other such essay exists in English: an omission perhaps explicable by the tendency of sissy

males to dream that all Females secretly wish to rule them. (A dream we may someday make come true. In the meantime. . .)

Chapter 3 addresses another problem: that of the Mistress with no slave to serve her. How can she persuade the macho man of her heart to surrender to her authority or, failing that, discard him and find a ready-made submissive male? These vexing questions are answered in frank detail.

Chapter 4 offers some useful advice on maintaining a healthy relationship while practicing Female Domination. Although most couples have no problems adjusting to a Feminine Regime (especially a part-time one), some do encounter difficulties. I list the warning signs of trouble and make some suggestions for keeping your relationship strong and healthy.

## Chapter 1

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# *Why Become a Mistress? Some Unexpected Pleasures*

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*When we are flat on our backs  
there is no way to look but up.  
—Roger W. Babson*

For my dear Readers who have already tasted the heady wine of total control over a naughty male submissive, this question may seem absurd. The answer is so obvious: being a Mistress is fun. Female Dominance offers the Mistress a cornucopia of delights. (The submissive male enjoys it too, although during actual chastisement he may not seem to do so.)

But why should a Woman enjoy forcing her husband into a humiliating costume of corset, high heels, and ruffled sissy panties? What would make a man, often a powerful, highly paid professional, gladly submit to a severe spanking while so attired? What is so much fun about playing power games?

The reasons generally fall into three categories. First, the joy of escape into a fantasy world. Second, the sheer sensual delight of the costumes, the risk, and the physical stimulation. Third, the bliss of sharing the deepest possible intimacy and trust with another human being.

## THE JOY OF FANTASY

No matter how pleasant and fulfilling your daily life is, sometimes you need to escape from your role as responsible adult, dutiful worker, or dedicated family member. The more stressful that role is, the further it is from your own deepest impulses, the more you need an escape from the limitations of everyday life. Some people use alcohol, drugs, or gambling to transcend their ordinary lives, but these activities generally prove to be both destructive and unsatisfying. But the escape provided by a rich fantasy life can be constructive and extraordinarily fulfilling. Instead of destroying true intimacy, shared fantasy increases it. Instead of harming the body, sexual release helps it. Instead of stifling the needs of your true self, fantasy allows you to express and realize your needs.

### A New and Powerful Self

The practice of Female Domination allows the Mistress to express her power, the tough and controlling part of herself that may be unacceptable at work and home. When you assume the role of Mistress, with its attendant garb, behavior, speech, and rituals, you become someone else. In the process, you will find yourself allowed to say and do things strictly forbidden in ordinary life.

The transformation is uniquely liberating. Letting your wicked and powerful inner self out to play is more than a sure cure for stress. In Jungian terms, it is a way of integrating your Shadow, the hidden and rejected self.

Becoming a Dominatrix may at first seem schizophrenic, especially if you are still a nice Girl. Later you will find the Mistress's powers infiltrating your daily life. For example, you might become more assertive in ordinary situations. If you can

imagine commanding your leering male boss to lick your shoes for daring to take a liberty with you, you may react with the proper icy disdain (plus lawsuit) when he sexually harasses you, instead of asking yourself what you did to invite his unspeakable caresses. Eventually your Dominatrix self will be, not the opposite of your usual self, but a playful intensification of it.

As a Mistress, you will be able to command the respect you may not otherwise receive, because this sick culture devalues the Female and exalts the male. Every day Women suffer the onslaughts of power-maddened males, from rowdy construction workers to condescending bankers. (Congress alone should turn any self-respecting Woman into a Dominatrix.) It is a positive pleasure to come home from an encounter with a stupid, crude, or demeaning male to a sissy maid who worships and adores your divine Femaleness. A properly trained male submissive will respect all the attributes of the Female, from our pedicured feet to our delicate panties to our beautiful hair.

Moreover, you will enjoy the thrill of rebelling against all the deluded creatures (male and Female) who taught you that men must be placated, appeased, and served. As a Mistress, you will order males to placate, appease, and serve you, a welcome change.

There is also the simple excitement of power, which has been called the greatest aphrodisiac. Having your commands obeyed, your Womanhood worshipped, and your lightest wishes treated as urgent commands is extremely arousing. You will learn to revel in the wicked thrills of power: forcing a man into the humiliating garments of teetering high heels and frilly panties, ordering him to act as your maid, demanding hours of oral service from his willing mouth and tongue. Even the infliction of necessary punishment becomes a thrilling experience, for your blows (which he deserves and needs) will not only produce gratifying evidence of your power in the form of tears, cries, and reddened nether cheeks,

they will also produce a change in your partner's behavior. Most of us wish to have an effect in this world, and being a Mistress produces quite entertaining and immediate effects.

A practical pleasure, but one not to be scorned, is the maid service a wise Mistress can extract from her slave. Most women must beg, nag, and scold their men into doing housework, to no avail. A Dominatrix always has a shining clean house and a well-satisfied slave, for he takes pleasure in serving her. Cooking, housecleaning, laundry (especially delicate hand laundry) can all become part of his sexual satisfaction and evidence of your growing power.

### **A New and Powerless Self**

But what pleasure does the male find in embarrassing and frequently painful role? He too has a Shadow, a self he cannot acknowledge or express in ordinary life. Boys mustn't cry, or wear frilly clothes, or be passive; they have to be strong, silent, macho men. His role as sissy maid or well-spanked schoolboy or diapered baby permits him to express forbidden emotions and wear taboo clothing. Given society's constant demands on men to be masculine, to take charge, to succeed, to get it up and keep it up, to do instead of be, it is no wonder that the strongest, brightest, and most successful males seek contact with their hidden feminine selves through submission to a Woman's firm but kindly rule.

The pleasures of the submissive are the polar opposites of (and therefore closely akin to) the pleasures of the Mistress. It is a truism that all polarities express the opposite ends of a single principle or idea. Like yin and yang, darkness and light, sissy male and Female Tyrant need one another to be complete.



Moreover, the two are not simply opposites. Even the most severe Mistress takes pleasure not only in compelling her slave's submission, but also in fulfilling his fantasies. Likewise, the most subservient slave enjoys not only surrendering to his Mistress's power, but also gratifying his own hidden desires. In short, however absolute the Lady's command may seem, it is always tempered with a concern for her submissive's satisfaction and well-being. And likewise, however abject a slave may appear, he is in some sense in control of the situation, for if he refused to respond, the Dominatrix would no longer be in charge. The two roles are symbiotic.

### **Nothing Could Be More Natural**

The first power we all know is Female. Although not all women are equally interested in exercising that power as a Mistress, both men and Women find a certain innate fitness in Female Dominance. It is a return to childhood and the loving rule of our Mothers, who might punish but who always forgave.

Although all Women start life as Daughters, not Mothers, they must someday move forward from being a powerless child to being a mighty Woman in authority. Becoming a Dominatrix is one way to celebrate your innate Female strength. Indeed, every Woman, whether she becomes a Mother or chooses not to bear children, must experience the transformation into a Female authority in order to become an adult and truly her own Mistress.

This transformation was considerably simpler in the days when Goddess worship was the rule. Without taking a stand on any specific form of modern Goddess worship, I must say that when the Feminine face of the Deity is neglected, things go sadly wrong. (See Chapter 2 for more information.) Even without a solid religious structure to help a young Girl deal with her passage

into Womanhood, she must learn to accept and use her innate Female power.

## SENSUAL ENJOYMENTS

Aside from the psychological satisfactions outlined above, there are physical pleasures unique to Dominance/submission relationships. The role of Mistress is both demanding and sexually satisfying. The role of submissive can stretch a male to his limits but ends in true, deep release.

### Intense Stimulation

The submissive male enjoys Female Domination because it feels good. His major reward is sexual pleasure of an exceptionally intense and prolonged nature. Some of the components of that pleasure may not seem too enjoyable—whippings, enemas or diapering, foot worship, penis punishment—but they are pleasurable, partly because they are so intense, partly because they promote a psychological letting-go that enables a male to achieve a splendid orgasm (if his Mistress permits).

Perhaps the prime sensual enjoyment is the one least explainable to those who have never played the game. Intense stimulation may seem like pain, but it is not (primarily) pain. The deep muscle stimulation of a spanking or paddling; the sense of compression inside a tightly laced corset or a locked male chastity device; the overwhelming feeling of being possessed that comes from anal penetration; the smaller but still intense sensations from the plucking of pubic hairs, the pinching of nipples, or the pricking of the male's glans: all these are intense stimulations. Under their influence, the male forgets himself and his worries, becoming no

more than a sexual toy for an all-powerful Female Tyrant. His mind cannot drift toward work or money or any other mundane consideration. He is bombarded by sensations—some painful, some pleasurable, some mixed, all intense.

Within the world of the fantasy, all these feelings are not only permitted but encouraged. And they are enjoyed at the will of an imperious and often capricious Mistress, so the additional psychological stimulation of suspense is added to the already overpowering physical sensations. Best of all, he is not permitted to spoil the stimulation by reaching orgasm.

The sensation of being simultaneously urged forward and held back, both whipped and curbed, is the great defining experience of male submission. The result is stimulation added to stimulation, multiplied, reduplicated, intensified almost to screaming point. Then the sudden release of orgasm.

A Woman's discipline increases male sexual satisfaction. Too many men, seeking immediate release, rush through foreplay and intercourse, frustrating their partners and shortchanging themselves. Under the tuition of a Mistress, such males learn that their sexual satisfaction must be delayed until the Lady has had her fill of pleasure. A skilled Dominatrix will prolong the male's sexual arousal, simultaneously forbidding and encouraging it, and thereby give him the great gift of true release.

The Dominatrix enjoys prolonged stimulation as well. Both the demonstration of her power and the subduing of her slave are quite arousing, but she often (if she is wise) has another form of pleasure available to her. (And it's good for her partner as well.) I refer to the ancient and sacred practice of cunnilingus. Few Women can get enough of this luscious activity, while submissive males find it the ultimate act of worship. It fulfills the twin criteria of intensity and restraint, for the male submissive kneeling before his Lady's Shrine is overpowered by his nearness to her most intimate secrets. Nevertheless, he cannot mar the experience by

climaxing too rapidly, especially if the Mistress has had the forethought to fasten him into a secure chastity device. (See Chapter 8 for an illuminating discussion of ways to maintain control of your submissive male while you are close to swooning with your fifth orgasm.)

### **The Freedom to Feel**

Paradoxically, many people find Dominance and submission fantasies liberating. Under the feigned duress lies real permission to let go and enjoy acts, clothes, or sensations that are otherwise strictly forbidden. Moreover, the naughty submissive need feel no guilt for enjoying these things; not only did his cruel Mistress force him into those ruffled panties or that demeaning position of servitude, she also “punished” him for his transgression. The scenario of misbehavior, punishment, and forgiveness is a classic Aristotelian plot that offers both actors emotional catharsis.

The submissive’s release sometimes includes tears. During fantasy play, many submissives resolve other tensions in their lives. Some males cannot cry except in the context of the game. Others need to express other taboo emotions: fear, anger, rebellion, contrition, or helplessness. After his forbidden outburst, the Mistress punishes him and then offers forgiveness and consolation.

Submissive males, especially those in positions of extraordinary responsibility, also seek respite from the stress of constant decision-making. It’s a relief to be told precisely what to do and how to do it, to have the penalties for mistakes so clear-cut and so immediate. A session of schoolboy discipline, for example, may be painful but it is also sure to have a happy ending. Real life is never so well choreographed or so satisfying.

## **Forbidden Silk and Lace and Leather**

Yet another attraction of Female Domination is the chance to wear different clothes. Costumes, like uniforms, transform and identify their wearers. For the submissive male, who must wear tailored suits and strangling neckties to work, a maid's uniform or a small boy's clothing represent a break with the grind of daily life and an escape into the freedom of a new self.

Many male submissives enjoy dressing in Women's clothing. Female garb is the ultimate break with society's standards for manhood: deeply shaming, for every male is raised to despise the sissy, yet also compellingly erotic. Women's clothing, with its soft textures, its lovely colors, its delicate construction, is designed to be sensual. Furthermore, it has the attraction of the utterly taboo. A man in Female dress is far beyond the bounds of the acceptable and is therefore free. Lastly, it is associated with Women and their mysteries and the sexual bliss they may grant the male. Many males believe (wrongly, God knows) that women's lives are far easier than men's. Is it any wonder that they seek an escape in the clothing and accessories of the blessed Female?

## **Sharing Intimacy and Trust**

Without trust, a Dominance/submission relationship is impossible. Only trust allows partners to discuss their fantasies in the first place, much less act them out in great detail. Especially if the fantasy entails much humiliation or pain (and what submissive's fantasies do not?), the deepest possible trust is necessary to make the relationship work. So much so that I cannot imagine a truly satisfying Dominance/submission relationship outside the bounds of marriage or long-term commitment. One-night stands

simply don't work. It is impossible to pick a man up, learn his needs, fulfill them and yourself, and then disappear, all within the space of a few hours.

By giving over his body to his Mistress, a submissive male is saying, "I trust you completely." But what does that trust entail?

First, the Mistress is responsible to know and respect her partner's limits. If she stays too far within his bounds, he may feel frustrated, disappointed, and unsatisfied. If she goes too far beyond the edge, he could be hurt, emotionally or physically. Learning how to push a man to his limits—and just one step beyond—is a complex process, and it takes time.

Nevertheless, once that trust has been established, it is one of the great sources of joy in a marriage. My submissive husband trusts me with his body and knows I will not hurt him more than he needs; he also knows that I am responsive and loving to his more conventional needs, and that he can trust me with his life as well as with a razor, some soap, and his testicles.

Moreover, I know my husband would never be unfaithful, and not just because he knows I would punish him severely. Female Dominance (as well as my sparkling personality) makes him want to stay home with his loving Bride, no matter how Rubenesque she has grown. He would never take a trophy Wife; that argues an attitude that Women are cheap, interchangeable possessions, not Goddesses to be served and respected.

If you believe that males are fated by nature to stray because they crave sexual variety (a view that may be biologically accurate for primates living in the wild, but not for human beings living in any civilization more advanced than a herd of cattle), think again. A submissive male has no "need" to be unfaithful; between plain vanilla intercourse and kinky scenes, he gets quite enough sexual variety at home.

If, on the other hand, you believe that proper environment and training can create a better-behaved human, remember that nurturing a male's innate respect and worship for the superior Female will make it psychologically impossible for him to show you such disrespect as to be unfaithful.

Perhaps most important, sharing fantasies deepens the bonds between husband and Wife. A submissive husband who knows his Wife understands his deepest sexual needs (needs he may have always been too ashamed of and too frightened to share) will be a contented, faithful, and affectionate husband. A Wife who understands her husband's fantasies well enough to construct a satisfying discipline session for him will also understand other vital things about him, and she will be strong enough to demand her rights should he attempt to grow domineering in their daily relationship. Marriages in which the Wife is Dominant are often the most egalitarian and the most truly satisfying. Furthermore, the Dominance/submission relationship is often played out as a switch: one time he takes control, the next he does. Such trust and intimacy are bound to make a very happy marriage.

If you are interested in the step-by-step creation of such intimacy, skip Chapter 2 and go on to Chapter 3. If you still have doubts, read Chapter 2 before you go on.

## Chapter 2

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# *The Reluctant Mistress: Learning to Love Command*

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*How shall I rule over others,  
that hath not full power and command of myself?  
—François Rabelais*

Despite the catalogue of the pleasures of Female Dominance given in Chapter 1, you have turned to this chapter. Therefore I deduce that you are suffering some conflict over your role as Mistress. You may feel guilty or ashamed about your fantasies of Dominating men; more likely, you are in love with a man who has submissive fantasies and wants you to act them out with him. He probably gave this book to you, unless, in a valiant effort to learn, you purchased it for yourself. And you, wishing to please him but unwilling or unable to Rule him, feel lonely, confused, unhappy, repelled, or utterly inadequate. Possibly you yourself are a submissive, and despair at the thought of ever assuming authority.

Is it possible for you to learn to love command? Can you become a happy, effective, and satisfied Mistress? YES! Not every Domme started life with fantasies of punishing and controlling helpless males. Many learned first how to go through the motions of Dominance play and only later came to enjoy the experience.



Not only will this book teach you how to become a Mistress but also how to have fun doing so. It is scarcely my intention to oppress Women with yet another duty owed to males. If, after listening to my arguments and giving the fantasy a reasonable trial, you find that you do not enjoy Female Domination, don't do it. No one has the right to force you into sexual acts that make you feel uncomfortable.

However, before you give up, you have to try this new realm of experience. You may find that you enjoy it very much indeed. Especially if you are in a committed, long-term relationship, you owe it to yourself, to your mate, and to the relationship to do your best to understand his fantasy desires. Submission for many men is not just a sexual adventure; it is an urgent, deeply felt need, a thirst for giving himself utterly up to your innate Feminine power. Since he loves you, he longs to submit himself to you and give you the priceless gift of his service and worship. The least you can do is try to learn how to accept it gracefully.

If you have long-standing fears or conflicts over sexual issues, do yourself the greatest possible kindness and see a therapist. The process may be painful, but (given a decent therapist and your own willingness to work) it can change your life.

## THE GUILTY DOMINATRIX

All your life you have fantasized about Dominating a helpless male. Your dreams may range from (relatively) conventional spanking scenes to fantasies of keeping a male as a sex slave to torment, tease, and control. But you have never gone forth to find a submissive male. Why not? Here are some possible reasons:

1. You can't respect a man who wants to be Dominated.

2. You don't believe any men actually want to be Dominated.
3. You're afraid the real experience won't measure up to your fantasies.
4. You're afraid that you would or could seriously hurt the submissive male.
5. You don't believe that it's morally right for Women to Dominate men.
6. Your man (past or current) tried it and hated it. There's no point in trying again.

I shall deal with these problems one by one, in numbered order.

**1. You Can't Respect a Man Who Wants to Be Dominated.** Somewhere inside, you secretly cherish the image of the macho male so celebrated by our patriarchal culture. I could simply dismiss this as an individual aberration (if you haven't noticed that Rambo is a homicidal maniac and an asshole to boot, you're hopeless), except that this widespread attitude must be demolished. Otherwise, strong and healthy Women may find themselves wondering uneasily if their submissive males aren't, well, a little unmanly. Nothing could be further from the truth!

First, let's take a look at the Rambo model of masculinity. (I could evince a dozen other actors who have made this disgusting creature their specialty, but why advertise them?) His best points are physical strength and willingness to defend his family or his honor (usually the latter). His worst points are a deranged predilection for violence, unveiled hatred and contempt for Women, unwillingness to listen to reason, and total emotional isolation

except for an occasional Female bedmate (who is killed off by the end of the film) and his male buddy (and God knows they scarcely share much real feeling, unless committing mass murder together can be called a sharing experience). He doesn't think, read, feel, or talk. He kills. His only emotion is rage, and all too often that rage is turned against Women, who in these films are always either pure good submissive Females (almost invariably victims) or slaughterous bitches.

Is that real manliness? Do you want your sons growing up to behave like that?

A submissive male, on the other hand, serves, honors, and respects Women. He can feel; the whole point of the fantasy is often to provide an outlet for emotions our society has defined as forbidden to men. His deep emotional connection to his Mistress enables them to share the fantasy.

But is he strong? Absolutely. He would lay down his life for his Mistress. And he's likely, statistically speaking, to be a high-earning professional, an intellectual, a powerful man with a responsible job. A man who needs the release of letting someone else decide and choose for once; a man who understands that his Feminine side, crushed by the ceaseless demands of his work, must find some expression in his life.

The modern ideal of manhood is based on the machine. No, not just any machine, a machine gun. The submissive male's ideal of manhood is the medieval ideal, a man sworn to serve and protect an all-powerful Lady; he is proud to wear her favor, to show the world the Woman to whom he owes allegiance, love, and service. Though he can fight, he can also love. He is not ashamed of his emotions or his spirituality. He is both a poet and a knight, a complete human being. And he longs with all his heart to serve his Mistress.

Which man is more worth your respect?

**2. You Don't Believe Any Men Actually Want to Be Dominated.** Just look in the sexuality boards of CompuServe or America OnLine or the classified ads of any alternative newspaper. They're begging for it. A man may be too shy to tell you his fantasies on the first date, but suggest it and see how fast he'll jump at the chance.

**3. You're Afraid the Real Experience Won't Measure up to Your Fantasies.** Possibly it won't at first. Developing a shared fantasy takes time and trust. Follow the detailed instructions given in subsequent chapters, and you'll have both a healthy relationship and a satisfying role as Mistress. After you've grown used to actually commanding a male, mere fantasy Rule will forever seem flat and pallid to you.

**4. You're Afraid that You Would or Could Seriously Hurt Your Submissive Male.** There are really two issues here: Could you hurt him? and Would you hurt him?

Could you hurt him? It is barely possible, but given detailed instructions (for example, the ones in this book), a reasonable amount of care, and a safeword, serious harm is unlikely. Even a severe spanking won't kill him. But you may have a deep, hidden fear of the harm a Girl can do to a boy. Did your parents ever warn you against harming men? Try to bring these issues to the surface and deal with them before you set up your first scene.

Would you hurt him? That's another question entirely. If you do wish to hurt a man, please see a therapist and get rid of your rage before you try to act out your fantasies. I am not answerable for the consequences if you don't listen to this warning.

**5. You Don't Believe that It's Morally Right for Women to Dominate Men.** Your moral beliefs are between you and God. But if you are open to argument, please read the section of this chapter entitled "A Defense of Female Domination."

**6. Your Man (Past or Current) Tried It and Hated It. There's No Point in Trying Again.** Yes, there is. Especially if the man who hated it is no longer your partner. If your current man tried and disliked the experience, try talking with him about it. What was the problem? Was he uncomfortable with the intensity of his emotions? Did it evoke childhood feelings of helplessness or pain? Did he feel rushed into too deep a servitude? Did he feel uncomfortable using the safeword? Was there a specific act that bothered him? Would something else work better?

If discussions go nowhere (he won't talk or won't say more than that he hated it), maybe you do have to choose between acting out your fantasies or staying with your current man. But more often, you'll find that he liked it, but it went on too long, or something you said reminded him of his mother (a sure passion-killer), or he simply felt silly wearing high heels and would have preferred to be tied up.

With time, a guilty Dominatrix can relax and enjoy enacting her most secret fantasies. You already possess the most important quality needed for a Mistress: the willingness to rule. Once you actually take charge, you (and the submissive males in your life) will have a wonderful time.

## THE UNWILLING DOMINATRIX

The truly unwilling Dominatrix has no fantasies of controlling males. She may just be uninterested in playing games with the balance of power in her relationships; she herself may be submissive; or she may be revolted by the idea of hurting someone.

These three types—the Bored, the Submissive, and the Terrified—all deserve individual consideration.

### **The Bored**

If you are not interested in Female Domination, and several attempts have failed to arouse any spark of desire, try reading the rest of the book. You may simply never have found the right scenario. If nothing here appeals to you—not the prospect of unlimited cunnilingus, not the idea of having a man wax your floors, not the sight of your husband on his knees licking your feet, not the idea of tying him up and teasing him—it's probably safe to say that you are not and will never be a Mistress. No matter how fascinating others find the subject, you cannot be talked into Female Domination. Try another fantasy.

Do not, however, mistake annoyance for boredom. You may feel uninterested because you are annoyed with your mate for pushing you into something you don't wish to do, especially since he is disappointed if you don't enjoy it as much as he does.

Your submissive mate's desire for your Dominance can seem like yet another demand on your time and energy when you're already stretched too thin by the multiple and conflicting responsibilities of home, job, family, and budget. If you think so, you're assuming that the traffic will all be one way: you'll be giving a great deal and getting nothing in return. Behind your annoyance may even be a secret desire for somebody to love and pamper you, for you to get some attention and affection instead of giving, giving, giving all the time.

However, your mate wants to *serve* you. He yearns to treat you like a Queen or a Goddess, relieve you of all your cares, help you relax and enjoy yourself. In return, he asks only a certain amount of punishment and praise from you as his reward.

There is a solution to this problem, and you'll both enjoy it. Play along with his fantasy, but make sure you get plenty of whatever you want: relaxing massage, praise of your beauty, or a totally clean house while you eat chocolates and watch a video.

## **The Submissive**

If you are a submissive yourself, you understand the joys of being Dominated, punished, and consoled. Consequently you may feel that the place over the knee is rightfully (and delightfully) yours. However, be fair. If your partner has been kind enough to cater to your fantasies, you should try to cater to his, especially since you understand so well what he needs and wants.

If you yourself can't do it, being too invested in the naughty-little-girl role, make up a wicked sister and step into her Dominant personality. Use your imagination to create a world in which you are the cruel Mistress and your partner is the infinitely punishable bad boy or sissy maid or whatever his specific fantasy is. If he is at all fair (and he should be), your mate will reciprocate with an evening of whatever punishment and humiliation you crave. Do not say you cannot do it. If you have been making up fantasies for your own delectation, you must be able to imagine how a Dominant speaks and behaves. Become an actress for a night and please your man. Isn't that what you long to do?

## **The Terrified**

If you are terrified or revolted at the thought of Female Domination, you may be facing one of two problems. (Maybe both.) Perhaps you believe that any Dominance play is sick, that it leads to the devaluation of Women or to real rape, mayhem, and murder, and that anyone who tries it is well on the way to becoming America's next serial killer. Or you may hold more tolerant opinions of Dominance play in general, but the idea of your taking part deeply distresses you. These two attitudes might be called the Political and the Personal.

**Political Terror.** Dominance play can be a difficult problem for a committed Feminist. (As a committed feminist myself, I should know.) I refuse to toss around sneering terms like “political correctness”; I respect your stand, though I disagree with it. But I would like to point out that power issues are ineradicable in people’s lives, and that playing conscious games with it is far healthier than allowing it to remain potent, festering, and unexamined, causing problems behind the scenes. Aside from the usefulness of Women trying on the role of Tyrant, all consensual Dominance play teaches the shared, symbiotic use of power. Consent works both ways. Just as not all intercourse is rape, not all power games are evil manipulations.

Your objection could be more psychological: you may reject Dominance play because you are disgusted and frightened by the horrors of nonconsensual sadomasochism. You are right to fear the psychotic few. But the link between consensual fantasy and violent crime doesn’t hold. People who engage in Dominance play or even in Dominance fantasy don’t commit sex crimes; most of them refuse even to hit their children, an act strongly endorsed by traditional culture. The two types of Dominance are totally different, not just in degree but in kind. I like to drive fast, but I’m no carjacker. I break the driving laws when I go 65 mph, and so does a carjacker when he steals a Mercedes at gunpoint, but I don’t think the two acts are comparable, or that driving too fast in my elderly sedan will make me steal somebody’s sports car. Not everybody who enjoys a rare steak is necessarily a cannibal.

Doesn’t consensual Dominance play lead to harder stuff? (Shades of *Reefer Madness*.) No. In fact, if Jung is to be trusted, people who are aware and accepting of their forbidden desires (the Shadow) are far less likely to have them erupt in a way that could devastate themselves and everyone around them. Anyone mentally healthy and aware enough to deal with Dominance fan-



tasies in a consensual relationship is exceedingly unlikely to engage in nonconsensual activities.

There is a further logic problem to assuming that Domination games lead to dreadful results. Don't fall into the trap of Krafft-Ebing, the Victorian psychologist who wrote the seminal work on sexual deviance, *Psychopathia Sexualis*. His case histories (which range from necrophiliacs to a man who had sex with a chicken) all gleefully note that, without exception, these perverts had been known to masturbate. Therefore masturbation caused their sick behavior. Unfortunately for the good doctor, almost everybody else masturbates, too, and few of us have been known to ravish domestic fowl, much less dig up graves. That's like saying that breathing air causes death, because all people who die have breathed air.

**Personal Terror.** If you are seriously distressed at the thought of Female Domination, you may be dealing with deeper issues than who gets tied up tonight. I will gently explore these issues, and then, as always, I will recommend that you discuss them with a competent therapist.

Perhaps that sounds comic, but I mean it seriously. If you are absolutely psychologically unable to take charge sexually, whether during intercourse or only in fantasy play, you have unnecessarily limited your range of expression. A therapist can help you find out why and help you free yourself from your fears and inhibitions.

The intense distress you feel at being asked to Dominate a man may even be cognitive dissonance: the clash of conflicting identities. Reared to be passive and accommodating to males, you are faced with an impossible situation: to accommodate the man you love, you must cease to be passive. This is a classic double bind; you cannot with any comfort or peace choose either alternative.

Consequently, you are miserable. When you realize that he is miserable too, you may feel even worse. How can you make a fuss over such a small thing?

It is in no way "a small thing," I assure you. The ordinary sex-stereotyping of our society is destructive enough; it makes Women who are strong or fat or smart or Black or otherwise "different" feel like filthy, unlovable monsters, crimes against nature. (I will say that the Female Dominance culture is generally very accepting of such departures from the weak, thin, dumb blonde who is apparently the belle ideale of our culture.) Adding Female Dominance to the list may make you feel like a total freak.

Worse yet, you may have suffered additional experiences that sensitized you to the problem. For example, if you were reared with a violent father, ordering a man to do your bidding may be completely beyond you. You've learned to lie low, lest your abusive father destroy you. Any attempt to repress your feelings and force your way through the situation may result in serious psychological harm. Yes, at some point you must confront your terror and realize that your taking command, even in play, will not result in your instant destruction, but I beg that you will do so only in the care of a qualified counselor.

Some Women reared in such dreadful family situations may not be passive, but may espouse egalitarianism with a zeal that makes Female Dominance—or any Dominance—psychologically impossible. If you are one of them, you will not serve, but you will not Rule, either. Power belongs to the cruel parent, and with a fierce pride you refuse to touch it. Your own carefully built self-image would shatter if you did, for you would be forced to see that you are like the monster who made your early life a misery.

Neither of these attitudes is especially healthy, though God knows they are understandable. Power in itself is not evil, and the playful exchange of power between consenting adults is a far cry from the thuggish brutality of an abusive adult terrorizing a help-

less child. With professional help you can reclaim the strength in yourself that your mate sees and desires, and learn to exercise the Rule you were born for.

## A DEFENSE OF FEMALE DOMINATION

Finally we come to the moral and intellectual question at the heart of the matter: Is it right and good for Women to Dominate men? Or, to put the issue another way, should men worship, adore, and serve Ladies? The answer to both questions is a resounding yes.

Male-dominated societies value brute power and glorify war, rape, competition, and violence; they despise emotion, Women, and anyone who fails to reach the top of the heap. (Anyone who opts out of the rat race is equally an object of contempt and derision.) Mother Earth is just another female to be used and destroyed. The patriarchal attitude is kill or be killed, steal or be robbed, and any fool who shares his last crust with anyone else deserves to starve. Male-dominated societies are best exemplified by Nazi Germany and the Watergate plumbers, especially G. Gordon Liddy.

When you can forget the horrendous damage they do, the men of patriarchal societies seem almost amusing. They are violent and possessive toward Women because at heart they are cowards. What scares them so? Why, they are terrified of Girls. And, of course, of Mother. Females remind them of their own uncertain masculinity; since they define male as everything good, strong, meaty, etc., and female as anything bad, weak, useless, etc., their doubts about their manhood are really frightening. It's their worth as a human (read "male") that's on the line. Therefore they hate the idea that any Female ever controlled them; in order to wipe out the shame, they treat Women as human chattels. The worst insult for a macho male is "sissy" or "Girl" because they all fear secretly

that someday they might turn into a Girl and be exploited, oppressed, and demeaned just as they have always done to Women. They act like small boys. Unfortunately, small boys armed with AK-47s and nuclear warheads are damned dangerous. (It's no coincidence that the first two A-bombs were named Fat Man and Little Boy, and dropped by a plane named for the pilot's Mother!)

Where do women fit into this horrifying world? Before marriage, as sexpots and rape victims, sexually available to any man who desires them, and infinitely blamable for that desire. After marriage, as barefoot and pregnant and subservient to the all-mastering and violent male. Any hint of independence, of power, of intellect or judgment, and she's a castrating bitch who deserves to die.

But won't a Matriarchal society make all males impotent? Hardly. Women value male sexual powers (patriarchal men value only Female fertility, because responsiveness is a dangerous sign of independence). Societies where Women have been valued, such as the Iroquois, tend to be egalitarian, rather than strictly Female-dominated. Such societies respect the environment, teach balanced and harmonious spiritual practices (rather than intolerance and martyrdom), and allow both males and Females to be whole and loving human beings.

On an individual level, Female Rule permits males to get in touch with their inner Feminine. Whatever patriarchal hell he must inhabit during the day, at night he can relax and become whole. The more male-oriented his job, the more he will need to re-establish his contact with the inner wisdom and grace of the Female. He can do so by serving, worshipping, and submitting to you, a Mistress.

The benefits of Female Domination for the Lady are myriad. Your Feminine strength and power and energy are enhanced by his worship, not battered and despised by our sick society. You can exercise your right to Rule and be obeyed, punish and be

served, while giving both yourself and your partner the utmost in pleasure.

Are you still dubious? Do you have religious objections to the practice of Female Domination? Your Femaleness is divine; if you doubt it, read *The White Goddess* by Robert Graves or any of the current books on Goddess-worship. Even if you are a conventional Christian, consider reading *The Divine Feminine*, which explores the Femaleness of the Deity as expressed in the Bible.

As an adult Woman, you have a right to choose your sexual practices, as long as they involve consenting adults. If you prefer not to indulge in Female Rule, you need not. But consider these moral and ethical arguments before you choose.

## Chapter 3

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# *The Search: Finding or Creating a Submissive Male*

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*Attempt the end, and never stand to doubt;  
Nothing's so hard but that search will find it out.*

*—Robert Herrick, "Seek and Find"*

Inaugurating a lifetime of blissful Female Domination may be as simple as taking command one night in bed. Or it could be as time-consuming as placing a classified ad in the local alternative newspaper, screening your respondents, and choosing one for the honor of being your sissy maid. In ordinary circumstances, however, the process is laughably easy, once you've accepted your Dominant nature. (This chapter may be skipped by Mistresses who already possess a submissive male. You should proceed to Chapter 4, even if you've already begun to Rule him.)

## RETRAINING YOUR PARTNER

The easiest way to find a male to Rule is to look in your own bed. As Dorothy so sagely observed, the best place to search for what you want is usually your own back yard. If you have Dominant stirrings, your partner has probably already responded to them, albeit unconsciously. In fact, he may have been attracted to you precisely because you are a Dominatrix manquée.

In the days before I was conscious of my own Dominant desires, I was puzzled and amazed by the numbers of males who hinted to me that they sought to submit themselves completely to a Woman. I didn't even pick up all the hints at the time; many became clear only after I became a practicing Mistress. Yet I was giving off all the signals proper to Dominant Women: I was strong, sexual, confident, and perfectly willing to rub a male's nose in the dirt, at least during intellectual debates.

But even I, who was glad to demolish a male's intellectual pretensions with a single scorching phrase, needed to overcome a certain learned passiveness. Sexually and intellectually I was a tigress, but all too often during relationships I became a kitten, which was disappointing to males and damaging to me. Despite my natural sexual aggressiveness, taking that next step was a huge hurdle. Let me make it easier for you, dear Reader. I will tell you exactly how to teach your partner to accept Female Domination. (I presume you have already accepted it in yourself. If not, go back to Chapter 2.)

## EASING HIM INTO IT

You may wish to start him out gently, if you've been a passive partner so far. Start by taking command in bed. Don't just lie there and wait for him to touch you. Touch him. Pinch his nipples:

most submissive males respond strongly to this, though some hate it (in which case it makes an excellent punishment). Stroke and knead his buttocks. Ask him to go down on you. Then, when you are ready for intercourse, get on top of him.

If he responds badly to all this energy on your part, you may have a problem. Is he rude, domineering, and inflexible in other aspects of your life together? Is he jealous and possessive of you? Does he take offense at your independence or your opinions? Is he touchy about his macho pride? Maybe you should think about finding a new relationship. Even if you're willing to keep Female Dominance no more than a private fantasy, consider dumping this guy. He could be dangerous. Even if he isn't, life is too short to waste on a macho jerk.

Most males, on the other hand, are thrilled when a Woman takes the sexual initiative. While sharing the afterglow, tell him how much you enjoyed taking charge. Ask him if he's ever fantasized about being dominated by a Lady. If he says yes or maybe, you are home free. Propose a fantasy session in the near future and skip to Chapters 5 and 6 to get full instructions on preparing the scenario.

Even if he doesn't admit to fantasizing about serving a harsh Mistress, he may be intrigued by the idea. Find out what his sexual fantasies are and try to blend them into a Dominance scenario.

For example, if he loves cunnilingus and can't get enough of it, suggest a scene in which worshipping at your Shrine is a reward for obeying you for an hour. Start him out on light obedience: hand-washing your panties, perhaps giving you a bath and then rubbing you all over with warmed lotion. If that idea arouses him (and if he's human, it should), act out the scene, remembering always to stay in command! You might slap his buttocks lightly for a fancied mishandling of your panties, but don't do a full-fledged spanking if he doesn't respond well.



Then allow him to offer you the oral servitude that is his reward. Once you've had as many orgasms as you please, allow him to come by masturbating with a pair of your panties, the silkier the better. Resist the temptation to push the scenario too far into heavy obedience or serious punishment. If he enjoys a pleasant first time, he will be hooked, and you will be well on your way to total control of a male.

If he isn't willing to try even such a simple scenario, you must not give up hope. Steer him toward catalogues, stores, and fiction that emphasize Female Rule. Only when he has made it clear that he isn't interested and never will be should you abandon hope.

## **The Deep End**

If you've always been sexually aggressive with your partner, or if you've already tried out various fantasies together, your best bet might be to spring Female Rule on him. Plan the first scenario (using the instructions in Chapter 5 and 6) for a weekend when you both have time for lengthy sex play. This technique is more likely to fail when your male is under serious stress, so a weekend or vacation is the best time.

Then send him out for the newspaper and, when he returns, take over. You should already know him well enough to guess whether he would be more responsive to a Victorian Governess scolding him for disobedience and promising him a thorough caning, or a leather-clad Amazon threatening to tie him to the bed and use him sexually, or an imperious Queen demanding instant maid service. Tell him the safeword and then enjoy.

Afterward, discuss the details of the experience, your reactions, and his reactions, and make plans for another session. You're on your way to a zesty and satisfying life as a Female Tyrant.

## FINDING A SUBMISSIVE MALE

If you're currently between men, or you've decided to ditch your uncooperative male, there are several ways to find a submissive. These suggestions also work well if you prefer not to be involved in a romantic relationship with your submissive, but simply want male maid service or submission.

### **Wanted: Sissy Maid for Dominant Vixen**

One place to look for a partner in Dominance/submission games is the classified ads of your local alternative newspaper. Free weeklies such as the *City Paper* (published in Philadelphia, Baltimore, and other cities) or unconventional newspapers such as the *Village Voice* offer reasonable ad rates; many have special sections for people looking for unusual sexual activities. Some even offer voice mail!

If you live in an area that doesn't support an alternative newspaper, you may still be able to use a classified ad. The specialized publications that cater to Dominant Women and their partners offer classified ad sections with national distribution. Sometimes Women's ads are published for free in these publications, as long as you include a photograph of yourself. Many of the picture ads in these magazines are those of professional Mistresses, however. If you are an amateur Dominatrix seeking a continuing relationship, your ad may be misread. It's probably advisable to stick with the newsletters that feature word-only descriptions; they are aimed at a different audience.

You may choose to answer a man's ad, place your own, or do both. If you answer the ad of a submissive male, make sure your reply is not a supplication but a firm, even stern statement of your

needs and desires. Do not permit him to try to boss you; many submissives test the prospective Mistress to see if she is really in charge. Stay in command!

Your own ad should be clear and authoritative, as befits a Dominatrix. Make it clear what you expect from the submissive: service only, a romantic relationship with full-time Dominance, or a romantic relationship with occasional sessions of discipline or maid service.

Many males ask to see a photograph with your reply, since these foolish creatures too often judge Women with their eyes only. You may provide a standard photo or have a friend take specialized pictures of you in Mistress garb. (Use a Polaroid.) Or you may, quite rightly, refuse to provide any picture at all until you've established a rapport with the submissive. Remember, you are in charge. He is supplicating you for your favors. There are many more submissive males than Dominant Females, and they have to compete for our attention. (A great change from the meat-market singles-bar scene!)

If you do advertise or answer ads, follow some elementary safety tips when you respond to letters or messages. Correspond with the man or men for a while before you meet. Get to know more about the submissive than his fantasies. Is he someone you would be interested in dating, even if you weren't going to Dominate him? Does he sound sincere? Does he have any weird or dangerous ideas? What is his romantic history? His job history? Is he married?

When you do decide to set up a meeting, don't try to start off with a scene. Meet him for lunch in a public place to see if he is clean, attractive, tolerable. Let him know he is on probation; you have other males applying for the position of sissy maid (or naughty schoolboy, or whatever), and you must interview all of them before you choose whom to honor with your Rule. Resist any pressure to go off with him right away; waiting sharpens desire. (Anyway, you are in charge, not him.) And get HIV tests before

you swap any bodily fluids. Yes, I realize that you must wait six months for a clean test, but you don't want to die for a fantasy, do you?

Furthermore, sharing a satisfying Dominance scene absolutely requires knowledge of each other, knowledge not easily or quickly gained. You have to develop a rapport, a trust in one another. Two strangers trying to play out a fantasy together is just too pitiful and too unsatisfying for you, a Mistress, to endure. The one-night stand is for lesser Women who have not yet realized that they control their own sexual destiny, who fear (poor deluded Girls) that the male will vanish like smoke if he isn't instantly sated. As a Dominatrix, you know better than that.

### **Clubs and Social Groups**

Another way to meet submissive males is through specialized social groups and clubs. If you wanted to meet a stamp collector, you would join the local philatelic society. If you want to meet a submissive male, join a group like PEP (People Exchanging Power), the Connecticut Leatherfolk, or your local group. They advertise in alternative papers and in the national newsletters for Dominant Women.

Although many groups accept only couples and single Women, usually the members know unattached submissive males who are clean, presentable, and disease-free. A personal recommendation is often the best way to meet a submissive. Furthermore, these groups can give you fresh ideas, emotional support, and an active social life. Even if you already possess a submissive, you might want to look them up.

If you have a home computer with a modem, you should definitely consider checking out the on-line kinky sex forums. CompuServe has a whole board (Variations II, in the HSX forum)

devoted to power exchange play. America On-Line has a similar bulletin board (listed under IMH, Issues in Mental Health, of all things). You can browse the board without adding any messages, a process known as lurking, or jump in and answer any post. Although the conferencing or chat areas may seem like a meat market, the message boards are frequented by thoughtful men and Women sharing their feelings, trading hints for successful fantasy sessions, and discussing the role that Dominance and submission fantasies play in their lives.

Mistresses are at a premium on the boards; there are many more submissive males than Dominant Women anyway, and fewer Women sign on to computer networks. The numbers are definitely in your favor. On-line personal ads don't work as well as becoming involved in the board. If you post interesting messages, you will soon find submissive males eager to meet and please you. You may progress from answering each other's posts in the public area, to private e-mail, to telephone conversations, to 3D (live) meetings.

Of course, all the usual caveats about meeting strangers apply. But the on-line community can help you identify the few freaks, goons, dweebs, and dangerous psychos. They are greatly outnumbered anyway by the kind, submissive gentlemen who yearn to gratify your every whim. Several marriages have resulted from such on-line romances. You could get very lucky—and in the meantime, you'll have the help and support of a wonderful group of people.

## Chapter 4

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# Maintaining Your Relationship: *Balancing Fantasy and Reality*

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*Marriage is a noble daring.*  
—Dryden

The better your relationship before you try Female Dominance, the less likely you are to encounter problems after you first exercise your right to Rule. Nevertheless, any change in a relationship requires a period of adjustment, and beginning to play out sexual fantasies is no exception. This chapter will help you and your partner to adapt to the changes, avoid the pitfalls, and savor the benefits of a Feminine Regime.

### PERSONALITY CHANGES AND POTENTIAL BAD REACTIONS

Female Dominance may change you—and him—in unexpected ways. Although most of the changes will probably be positive, you could also encounter a problem or two.

It may seem that undue stress has been put on various psychological problems in the pages that follow; these warnings are not a sign that every couple who tries Female Domination is a pair of potential crazies, or that everyone who plays with power is secretly mad.

However, Dominance play may remind people of various cultural or personal problems, and I would be irresponsible if I didn't address those issues. Most of you will experience minor problems, if any at all.

### **Your New Power**

After you learn to demand, to command, and to control in your fantasy sessions, you may find yourself becoming more assertive in other situations as well. Especially if you were timid instead of confident, Girlish instead of Womanly, you may undergo a deep transformation. Such an increase in power is normal and natural. You have found a new forcefulness, a new will, in yourself, and you are eager to exercise it. More power to you; the world needs strong Women. However, your mate, your friends, and your colleagues may have a hard time dealing with your newly assertive ways. You may even go a bit overboard at first, enjoying your new strength without considering how it affects others.

Where you once meekly let others interrupt you, you now speak up. Where you once offered ideas tentatively, as a question, you now offer decisive opinions backed up by shrewd arguments. You may hear comments about how much more energetic you seem, how much more confidence you have. You could attribute your new power to therapy or assertiveness training, if you like, or you could tell a few chosen friends about your adventures in the art of Female Dominance. Why not share the pleasure?

However, if you find yourself constantly interrupting others, scorning their ideas, or demanding service as a right from your colleagues, you may have gone too far. At home you may be Queen of all you survey, but at work and with friends, you should be a Woman: strong, thoughtful, considerate, and firm. A Woman inhabits her own space fully but doesn't seek to conquer others' space, any more than she allows others to impose upon her. She competes—passionately—with her eyes on the goal, not with dirty tricks or cheap shots. And when she wins, she is gracious to those who haven't won.

If you have stepped a trifle beyond the line in your first transports of pleasure, do not blame yourself unduly. Behaving like a male occasionally will not end the world—it's full-time masculinity that poses a threat to the peace and balance of nature. Time and awareness of others will help you grow accustomed to your Queenhood. The giddy sensation of dawning power should settle into a calm self-confidence.

### **Bad Reactions—His**

A man who has always longed to surrender his will to a Dominant Woman may find himself facing various ambivalent emotions the day after he has actually done so. Perhaps the session was disappointing. Or he disappointed himself by being able to endure less pain than he thought he could. Or he thoroughly enjoyed it but now feels less than manly. Or the session brought up frightening memories or emotions that he must grapple with or try desperately to repress.

**The Disappointing Session.** This is probably the most common problem. Especially after years of fantasy, a real-life scenario can hardly live up to the fabulous intensity of the submissive's dreams.



His fantasies may have involved deep humiliation, severe punishment, and slavish service, but he wanted all those things, done in that precise order and in that exact way. As abject and helpless as he seemed in those fantasies, they were carefully choreographed to suit his tastes.

Even the best-planned scenario may not measure up to fantasy. Few sessions are perfect, and some submissives may feel the whole scene is ruined by a single flaw.

Furthermore, there is an unavoidable distance between fantasy as it is dreamed and fantasy as it is enacted; they are never the same. In fantasies submissives bear intense pain bravely while totally under the command of an impossibly Dominant Female. The reality of a sore bottom and a slightly unsure Mistress may be a crashing disappointment to him. That gap between dream and reality can mar even a skilled Mistress's best efforts, especially the first time. This reaction is less and less common as you go on with Female Domination, as you understand each other's fantasies, grow accustomed to your new roles, and learn to relax and enjoy the mental dimension of the fantasy as much as the physical intensity.

Reactions to the imperfect session differ, depending on your submissive's temperament. He may become depressed, feeling he will never find the perfect Mistress. He may blame you for not living up to his standards, or he may simply feel that your Dominance style doesn't mesh well with his needs. If he accepts that the first time is never the best, that patience, practice, and communication can build a very satisfying fantasy-fulfillment, then he may be mildly disappointed but more excited that he has actually enjoyed what he so long desired.

The ideal way for both of you to respond to the disappointing session is to discuss what went wrong and why. The more you know about one another, the more openly you can discuss the

action and the fantasy, what worked and what didn't, the better suited to one another you will become.

**The Disappointed Submissive.** Sometimes the discipline session will go smoothly, but the submissive will be disappointed anyway. Not in the session but in himself. He may have dreamed of taking heavy spankings and then found himself hurting and distinctly unaroused. Instead of gaining a sexual thrill from serving you, he found himself a little bored as he scrubbed out the toilet. Clearly he hasn't lived up to his own fantasies, or so he thinks.

The real problem here is that the two of you aren't engaging the fantasy intensely enough. Merely performing the actions appropriate to Dominatrix and slave aren't enough; you must spice them with fantasy. An inexperienced submissive can't bear much whipping, so you must make him believe that a very mild castigation is the most intense punishment possible. In the context of the fantasy, it is.

**Post-Submission Anxiety.** You've gone through a very successful session, in which you kept the whip hand the whole time, forcing him into the submission he longed for, and giving him a spectacular release. Afterwards, he tells you that was the best, better a thousand times than any fantasy. So why is he anxious, hostile, apologetic, or depressed the next day?

Post-submission anxiety generally occurs in a man who is secretly ashamed of his submissive tendencies. He may feel that he has lost or betrayed his manhood by submitting to you. He may feel sorry that he has "forced" you into doing something he finds shameful, selfish, or low. He may be feeling a sense of self-disgust that he ever could have indulged in such practices. He might even be disgusted with you for participating, or angry, or contemptuous.

To some extent, you can soothe his anxieties by encouraging him to discuss them and listening calmly while he does. Offer reassurances appropriate to the situation and his feelings. Understand that mixed feelings are common about any sexual experience, much less one as heavily tabooed and emotionally charged as fantasy Dominance play.

Many people involved in power-exchange play have ambivalent feelings about their fantasies and needs. Our society doesn't offer healthy models of that kind of sexuality. Instead it gives us the image of the Marquis de Sade for male dominance, and every crushed, bleeding battered wife ("see, they really enjoy it or they wouldn't stay") for Female submission. And these are considered the natural gender roles!

For those who defy the culture's prescribed gender roles, the situation is even bleaker. We have no image at all of Female Dominance, unless you count the desexualizing and vicious attacks on strong women in public life. They're always referred to as ballbusting bitches, and the remedy for their power is rape; their sexuality is supposed to be expressed entirely by castrating males. If a man wants to be submissive, he is a pussy-whipped Caspar Milquetoast and no real man at all. Real men dominate Women, not submit to them.

During the heat of fantasy, it's easy to let the inner desire drown the voices of the censorious. But the next day, the cultural models may come back to haunt you—or him. If your submissive male feels ambivalent on the morning after, it's only natural. However, if he tries to reassert his maleness by (literally or metaphorically) pushing you around, stop him immediately. You cannot get into that kind of game. If necessary, stop playing out your fantasies while you work out the problem. You may want to see a marriage counselor or seek individual therapy to help you deal with the anxieties.

**Flashbacks and Bad Memories.** If anxieties persist, or serious depression results from fantasy play, your submissive may be reliving certain painful memories. Many people who are involved in power exchange play had healthy, normal childhoods but became fascinated with the idea of Dominance and submission. Others had the kind of nightmare experiences usually associated with daytime talk-show guests. I am not prepared to discuss whether all Dominance/submission play is a displacement activity or a Freudian taboo-turned-ritual or a working-out of cultural roles or even a product of reincarnation; we just don't know enough to theorize effectively, and anyway I am concerned with practice here, not origins. All I can say is that some people who have Dominance/submission fantasies also have other serious power issues, and that acting out the fantasies can awaken those issues.

What do you do if he starts having nightmares, or becomes seriously depressed, or starts having flashbacks? Stop playing and see a competent therapist. IMMEDIATELY!

### **Bad Reactions—Yours**

Your reactions may be similar to his. You could be disappointed in the scene or in yourself, or feel anxious over defying the cultural norm. You too could suffer from flashbacks or other intense emotional reactions.

**The Disappointing Scene and the Disappointed Mistress.** These two problems go together, because your identity as a good Mistress is presumably bound up in how well the scene goes. If it doesn't work out perfectly, you may feel totally responsible. After all, you are in charge. You planned it, you were the Dominant one, and if you fumbled, or your submissive seemed disappointed, you may feel like a failure.

If you do, reread the section on his disappointment. Few first scenes go perfectly smoothly. Remember losing your virginity? That too was probably awkward, painful, embarrassing, or flawed, but that (I hope) didn't stop you from trying again. A fulfilled sexuality, despite MTV and the advertising industry, isn't readily purchased whole, like (or in) a tube of toothpaste. You have to work at it. (Pleasant work, but it does take effort, intimacy, and commitment.) So it isn't entirely your fault, and you shouldn't give up just because you forgot how to fasten his bonds or neglected to give him something he wanted. (And if he never told you he wanted it, that's his fault, not yours.) Keep discussing fantasies, find out what worked and what didn't, and go on.

**Post-Dominance Anxiety.** Whatever your personal situation, you were raised in a culture that demands that Girls be nice. Female Dominance isn't nice. Fun, yes. Fulfilling, absolutely. But not nice. The next day, you may feel apologetic for hurting him. Worse, you may feel that you've violated who you are. (You may want to reread Chapter 2.) The glimpse of power you had may be frightening; you could be watching a whole new self coming to birth.

Talk about it. Write a journal about it. Don't just sit and stew, worrying that you're becoming a monster. In all likelihood, you aren't. But if you have no one to talk to—your submissive won't discuss it, your friends would be horrified—find a support group. You are rebelling against all sorts of cultural imperatives by becoming a Dominatrix, and you need the support and help of your Sisters. The on-line boards (discussed in Chapter 3) are a wonderful source of thoughtful, loving support.

Many cities have a chapter of PEP (People Exchanging Power); there is also the Eulenspiegel Society. Look for other Mistress's ads in the local free weekly (professionals may not be helpful) or put an ad in yourself, looking for support. Or, if you

feel you'd like to explore some of these issues in depth, talk to a sympathetic therapist.

**Flashbacks and Bad Memories.** If your anxieties persist, or serious depression results from fantasy play, you may be reliving certain painful memories. Whatever the facts of your childhood, you may have come to associate wielding power with a devastating indifference toward or even active hatred of the less-powerful person. In your childhood, that was almost certainly you. To find yourself suddenly in the position of the tormentor can cause an intolerable psychological shift.

If you feel this way, get help now. Don't just vow to quit Female Dominance; you cannot avoid the issue of power. At some point you must face it, and better sooner than later.

### **Serious Warning Signs**

If you or your mate starts to show any of the signs of serious emotional disturbance, get help and get it fast. If one of you becomes violent, depressed, or inappropriately filled with rage; can't stop crying or can't get up to do anything at all; starts thinking or talking of suicide, *get help now*. Although very, very few players ever have such bad reactions, you have to know what to watch for, just in case.

### **A Final Note**

Despite all the warnings and concerns, I assure you that most people who play Dominance games are actually happier with each other than couples who cannot share their deepest needs and desires. Nevertheless, as a responsible Mistress and author, I feel I

should let you know about some possible items of concern. Even if one or several of these problems arise between you, you can easily overcome them if your relationship is strong. After a brief period of adjustment, you should both become comfortable in the new roles, whether you play occasionally or all the time.

### CHANGES IN YOUR RELATIONSHIP

Just as acting out your fantasies may have brought up personal issues of power and Dominance, it may do so with issues between the two of you. The individual changes are bound to affect you as a couple. Honest discussion of the issues and your feelings can help keep your relationship strong; indeed, the intimacy and trust created between you, as well as your more active role in the relationship, are bound to make the commitment stronger and deeper than ever before. What follows are a list of suggestions for dealing with Dominance issues and a list of the benefits Female Dominance can bring to your relationship.

#### **Dealing with Dominance Issues: Some Suggestions**

**Keep Dominance in Its Place.** Female Dominance is a wonderful game, but it has its limits. You and your mate must decide what they are. Some couples use it as an occasional spice a few times a year. Others prefer to play monthly or weekly, while maintaining a plain vanilla sexual life or exploring other fantasies (even including male dominance). Some couples enjoy full-time Female Dominance. The two of you should decide early on approximately how often you want to hold discipline sessions and what your signal should be to communicate that desire.

You must keep Dominance games in their place in another way: never use a discipline session to work out a problem in your relationship or to take out your anger on your submissive. If you have a conflict in the relationship, work it out by talking about it. Don't get it mixed up with sexual games.

**Stay Safe, Sane, and Consensual.** The watchword for Dominance/submission play has always been that it is safe, sane, and consensual. Keep to those principles. Don't take stupid risks or do things you know are dangerous. Keep other emotional problems out of the dungeon. And never play unless both participants are willing. Either of you has the right to say no to Dominance play, just as you may say no to any other sexual contact. And never bring in unwilling or unwitting partners or witnesses to your games. That's a species of psychological rape.

**Honor Your Commitment.** Always treat one another with respect. Don't mock your partner's fantasies the day after a session, or tell your best friend about your activities without your mate's consent. Yes, I've said you should find people you can share your experiences with, but you must honor the privacy of what you do together. Talk to your mate before you talk to others.

**Talk.** Communication is the key to a good relationship, and you should always be able to discuss everything together, from the awkward feelings occasionally arising from a scene to daring new fantasies. The more intimate you become, the better your sessions will be, and vice versa. In the exhausted, satisfied moments after you've achieved release and ended a scene, you may tap into deep emotions you've never shared with anyone else. You can share them now, with your partner.



**Relax.** Despite all the warnings, Female Dominance is a game, and a wonderful one. Relax and enjoy it. Don't expect it to be perfect. Just enjoy the pleasures of command, of stepping beyond your ordinary boundaries and becoming another person. Your submissive should relax, too. The scene may not be exactly what he dreamed of, but then, what he wanted was to lose control, not to keep it. He should let go and feel the intoxicating freedom of utter submission.

### **The Benefits of Female Domination**

**A Clean House.** A recent survey indicated that 61 % of Women would rather see a man do housework than dance naked. They would also rather be married to a Danny DeVito lookalike who did the dishes than a Robert Redford lookalike who didn't. You can use his fantasies of submitting to a Female Tyrant not only for mutual sexual satisfaction, but also to keep the house looking spotless. If you loathe housework and he gets an erotic thrill from running the vacuum, I'd say you have an ideal partnership.

**A More Equal Relationship.** Partly because he's doing some or all of the housework, your relationship will become more equal when you begin to practice Feminine Rule. Your new assertiveness will carry over into other parts of the relationship, and his experiences of being out of control of his own destiny should help him understand just how hard a Woman's life can be.

**More Intense Sex.** Even an occasional dose of fantasy can serve to keep your sexual flame burning bright. As a careful, loving Mistress, you'll get to know all the most sensitive spots on your lover's body, a knowledge you can turn to good use when you're having more conventional sex. Furthermore, you'll learn to ask for what

you want in bed. Sex is always better between two active, involved partners. Perhaps most important, the two of you will keep your imaginations active and alive; boredom kills sexual desire faster than anything else except sheer physical exhaustion.

**Deeper Trust.** Rarer than good sex is trust. And once you've shared your innermost fantasies with someone who helps you act them out, who doesn't mock or recoil or injure you, you know you have established trust. The shared vulnerability of acting out fantasies can create a wonderful new intimacy. Nothing can strengthen a relationship like trust.

## Part II

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### The Mistress in Action

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This section of *The Mistress Manual* is a primer for your delightful first steps into the practice of Female Dominance. Experienced Mistresses may smile at some of the basic material I include, but even the most formidable Female has to begin her career somewhere.

Chapter 5 offers techniques for making the session thoroughly engaging and fulfilling. From the vital issue of punishment versus suspense, to the role of body language in Female Dominance, this chapter covers all the basic ideas you need to understand before you plan an actual discipline session.

Chapter 6 gives a guided tour of how to plan, structure, and conduct that most stimulating of games, the discipline session. Instead of giving you an unvarying script to follow—ultimately, I fear, a very dull proceeding, allowing no scope to your own rich imagination—I have outlined for you the necessary steps in the design of your own fantasy session, unique, individual, and ultimately satisfying. For additional ideas and suggestions, you may turn to the riches of Part III.

Chapter 7 is a treatise on the delightful art of disciplining naughty male submissives, from the simple (yet effective) over-the-knee hand spanking to the elaborate and erotic rituals of birching. Each instrument, style, and technique is discussed in glowing detail.

Chapter 8 covers the various other skills a Mistress needs to Dominate her submissive male in every circumstance, including a most illuminating section on achieving her own pleasure while continuing to keep her slave in tight control.

## Chapter 5

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# *Establishing Your Authority: Ways to Make Him Obey*

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*That not impossible she  
Who shall command my heart and me.*

*—Richard Crashaw,  
"Wishes to His Supposed Mistress"*

Even before you plan and enact the first session, you must understand whence derives the authority of a Mistress. Establishing that authority is the first thing a Domme must do; the best-scripted session will fail if the submissive cannot believe in and surrender to the Dominion of his Lady.

What follows is a discussion of half a dozen ways to establish and enforce your authority, even while you are receiving the shattering pleasure of orgasm. Some are more effective than others, but when all are used judiciously, in their proper proportion, they will produce a contented submissive and a fulfilled Dominatrix.

Some of these ideas may seem far-fetched. Nevertheless, ordinary life, with all its worries, fears, and stresses, has a death grip on most of us. We need all the help we can get to move into the realm of fantasy. Deliberately choosing to suffer pain and suspense as a path to a happy conclusion can exorcise the demons of doubt, fear, tension, and misery that most of us struggle with every day. Changing our names, our clothes, our surroundings, our behavior, can help us free the repressed inner self. The suggestions below offer ways to break the stranglehold of reality and move into the glorious, softly lighted, ritualistic domain of our hidden selves.

## THE SCRIPT

Because Chapter 6 is devoted to the art of planning, structuring, and enacting an effective discipline scenario, I will not say much about it here, except to remind you that good scripting is the first essential. A satisfying script will provide both Mistress and slave with a thoroughly meaningful experience. Remember that it's the story that takes you and your submissive out of your everyday selves, invests you with almost magical powers, and ultimately provides release.

Every technique I discuss in this chapter is a way to emphasize the story and make it more vivid, intense, and believable. A hastily sketched, carelessly plotted fantasy is as boring as most television. If TV effectively relaxed you and your partner, you wouldn't be reading this book. You need a deeper, more individual ritual than you find in mass media. And books, wonderful as they are, cannot be shared in the same way. Besides, sometimes you need to act. Thus the script, the fantasy, and your compelling role as Mistress.

Furthermore, a good script will help you, the Mistress, remember who you are: the Woman in charge. It also provides us with the useful theatrical metaphor, which so accurately describes all phases of the Dominance/submission relationship that it might not be a metaphor at all, but the literal truth.

## PUNISHMENT AND SUSPENSE

When most people think of Female Dominance, they think of pain, and that is a great pity. Although chastisement has its place in a scene, it is not the most important element in the drama. Suspense, the linchpin of good drama, is far more important, although it cannot stand alone. Because punishment and suspense work together so closely, I have decided to deal with them as twin aspects of a single topic.

To make any scene work, you must build suspense in your subject. Pain alone, even humiliation alone, will not produce the tension and then the release he needs. Relying on physical pain to produce effective subordination (a crude technique at best) ultimately fails, because you have not made the pain meaningful.

In *Studies in the Psychology of Sex*, Havelock Ellis wrote that suspense, not suffering, is what the submissive truly desires. For example, a strange Woman walking up to him and slapping him would scarcely make him feel aroused. The incident might later provide a basis for fantasies, in which the submissive would construct a story to explain the pain, thereby adding suspense and significance. In short, it is the *plot*—the enacted drama—not the punishment that gives the submissive release.

Controlling a male's body does not suffice to control his mind. Otherwise, he would spend every minute of his work day thinking of work, every minute at the dinner table thinking of food, and so on. You should know that even when he is bound to a

backboard or forced into Ladies' clothing, you must supply him with fantasies via the script, or his mind will wander. In such situations, of course, his mind is likely to wander toward fantasy anyway, but they are *his* fantasies, which he chooses and controls, and will not be as effective for him and satisfying for you as the fantasies and ideas you introduce. Even a heavily symbolic punishment, such as spanking, is meaningless pain unless accompanied by a compelling fantasy—and again, yours, if well-chosen and enticingly presented, will work better than his own.

No, the only way to control even the most lamb-like submissive is to control his thoughts. Suspense is one of your most efficacious tools to command your submissive's wandering attention.

Anyone can inflict pain, but few people can make it erotic and fulfilling. If pain were really what he craved, he could get into bar fights and be equally happy or even happier, or drive his car into a bridge and suffer for months in a body cast. Neither of these dreadful ideas (which I sincerely beg you will not consider, even for a moment) is in the least erotic.

Therefore, if you give him a smaller dose of pain, but a greater measure of suspense, he will obey you more readily and respect you more thoroughly, and you both will be more fulfilled. Using suspense effectively is the hallmark of a top-notch Disciplinarienne, even one who enacts the role of Amazon or Governess.

## **Mystery and Anticipation**

Now that suspense has been demonstrated to be vital to the successful establishment of your authority, you may be asking precisely how you can use suspense, or even how to create it in the first place.



The two elements of suspense are mystery and anticipation. Although they would seem to be mutually exclusive, they actually work well together in the hands of a skilled Mistress.

Mystery is based on surprise; the submissive wonders what will happen next, and alternately hopes and fears ("maybe she won't punish me . . . but she always does").

Anticipation is based on recognition; the submissive knows exactly what will happen next, and endures the same vacillation ("maybe it won't hurt so much this time . . . but last time it did").

The pleasure of the changing seasons is exactly the same mingling of mystery and anticipation. Each spring is the same, but each is different. We enjoy both recognition and surprise when the daffodils bloom every year. To make the same three or four fantasies constantly interesting, you must vary them slightly: enough to be fresh and exciting, not enough to distort their message. If you fall into a routine with your fantasy script, always scolding him for the same crime and punishing him in the same way, your submissive will sense no mystery and feel no anticipation, and will soon grow restless and dissatisfied.

Foster the sense of mystery by doing things slightly differently each time. Try out new corrections and new variations on the fantasy. (I provide suggestions for these later in the book.) If he is never quite sure what will happen next, whatever you do will have extra power. Add to the mystery by letting him think you plan one particular chastisement and then at the last minute altering it slightly in duration, instrument, audience, or style. You can also make mysterious promises or allow him glimpses of a new costume or implement, and then watch the suspense work in him.

Encourage anticipation by telling him precisely what you plan to do, and then making him wait for you to do it. Gauging a vassal's readiness to be punished is a delicate matter. You must let him suffer anticipation long enough to extract all the pain from

the waiting but no so long as to leave him feeling bored and neglected.

Careful attention to maintaining proper suspense means that you will need to inflict less physical pain. By involving his mind, you create a better scene and earn him a deeper catharsis.

### **Inflicting Punishment: Ending the Suspense**

The threat of punishment and the suspense of awaiting punishment are all very well. But at some point, you will have to actually punish your submissive. When you do so, your submissive should feel that the suspense of waiting has been so dreadful that he could not have borne it for one more second, while still facing the actual chastisement with fear and trembling. Nevertheless, the Dominance you show is far more important than the pain you inflict.

Almost all punishment a Mistress inflicts is done with the implied consent of the submissive. To be honest, few Disciplinariennes are muscular enough to enforce their commands on an unwilling submissive male, at least not without an unbecoming struggle. Most of us rely on moral authority and the power of Dominance, coupled with occasional bouts of severity.

Thus, establishing your authority over the male is essential. You must make him acknowledge your command and dread crossing you in any way. Only then will your chastisements be significant. Although physically he could fight you off and escape the punishment, that choice must be unthinkable to him. He must be willing to lie over your lap to be whipped, knowing he could escape but refusing to do so, because escaping would ultimately be more painful than any whipping could possibly be. The threat of worse whippings is not enough to produce that state of mind. Only psychological Dominance can do so.

## THE LANGUAGE OF POWER

From punishment to language seems a strange and unexpected leap, yet one of the Mistress's strongest tools is language. In a later section, we will consider the use of the voice itself in establishing your command, but now we are looking at the power of mere vocabulary.

### The Dominance Name

The proper choice of words can both express and sustain your power in the relationship. The simplest demonstration of this great truth is how your submissive addresses you during a session. I doubt that he calls you Sugar, Toots, or the Old Ball-and-Chain. Instead he calls you by your Dominance name: Ma'am, Mistress, or perhaps Mistress Lorelei. Such formality is conducive to discipline and a proper atmosphere of submission. Some Nursemaids and Governesses like to be addressed as Miss or Mrs. Jones, using their own last name or one they have chosen for its disciplinary connotations. (Miss Birch is very popular; so is Miss Marwood, for the great fictional Governess.) Others prefer to be called Mama or Mother while they are correcting their charges.

The effect of the change of your name is crucial. When your submissive calls you by your Dominance name, he must acknowledge your authority and your power. Furthermore, he realizes that he is not now dealing with his wife or girlfriend, but with a Female Tyrant whom he must obey or suffer the consequences. The change of identities establishes your influence during discipline sessions and helps you maintain a healthy relationship the rest of the time.

Not only should you select a Dominance name and strictly enforce its use, you must also choose a new name to bestow on your submissive. Brook no arguments from him about what names he likes or wants. You must provide his new identity in order to control him whenever you invoke it. Addressing him by his submission name is an unmistakable signal that the Dominance session is about to begin. After some practice, he will slip into obedience and passivity as soon as you call him by his submission name, just as you will take command whenever you hear your Dominance name.

What names are effective choices for a submission name? Males who dream of being sissy maids respond to such frilly Feminine names as Cindy, Yvette, or Bitsy. Males who desire a Governess or Nursemaid respond best to childhood nicknames, especially diminutives (Bobby, Freddy, Ricky) or during discipline to his full name: "Robert Edward Jones, bend over!"

### **Other Dominance Names**

In the world of childhood, every object is known and named. You must strive to recreate this atmosphere in your fantasy sessions. Thus you should give Dominance names to your favorite discipline implements and techniques as well as to your various body parts.

The names should emphasize Female power and harmonize with the submissive's fantasies. A certain playfulness in naming adds a special fillip to the names. A much-feared paddle might become Mistress Pattycake. A naughty submissive in need of bondage could be told that he must spend some time with Mistress Bonnie. The invitation to wear some pretty jewelry could refer to the attachment of nipple clamps.

Genitalia should also be named, partly because there are few really pleasant or attractive words in English for them, partly in order to heighten the atmosphere of a secret world. Choose a powerful and sexy name for your Femaleness. Mistress Gloria or Mistress Victoria are good names, because they are simultaneously suggestive of the wonders within and easy to slip into apparently innocent conversations. Tell a submissive, "You need to spend some time with Vicky, dear," and he is instantly aware that you are demanding a long session of cunnilingus. And that's the sort of message you could leave with a secretary without embarrassment to either her or you.

It is also your duty to rename his genitalia. The name should emphasize his juvenile and inferior status without being so mocking as to render him impotent. A slightly childish name for his penis and a pair of alliterative names for his testicles will equip you to tease and torment him to your heart's content.

## APPROPRIATE SET AND PROPS

Setting also contributes a great deal to the effectiveness of the scene. If you have space enough to set aside a room for punishment, you may decorate it as fantasy dictates: as a dungeon, a schoolroom, or a frilly bedroom. Most of us have limited space, but an ordinary room may be decorated with subtle hints of domestic discipline: with a four-poster bed, wooden hairbrushes, and attractive ribbon-tied arrangements of birch branches. If your submissive desires to be disciplined by a stern schoolmarm, buy an antique school desk to bend him over, and hang a framed blackboard above the scene for his punishment writings or to display your written judgment of his naughtiness.

You may also wish to enhance the mood with carefully chosen lighting, music, incense, or other sense stimulators. However, choose carefully. The incense and candles natural to an Amazon or Goddess fantasy are totally out of place in a schoolroom or nursery setting. Nor would a sissy maid fit naturally into a black-painted dungeon.

Props, of course, include all the delightful implements of correction, humiliation, and restraint, from a leather strap to audiotapes of punishment sessions to the very Victorian backboard, but these implements vary depending on fantasy, and are discussed under their individual fantasy headings.

But why should you trouble to create a particular atmosphere at all, much less decide whether your male slave would prefer a warm and cozy nursery or a stern prison cell? Because the point of fantasy is escape, and the emotional release is amplified by taking place in a congenial setting. Your fantasies will be far more effective if they are enacted in their proper environment.

## COSTUMES

Extreme care must be taken in the selection of appropriate costumes for Dominatrix and slave, for this aspect of the fantasy is almost as crucial to a satisfying session as a properly chosen method of castigation. Depending, as always, on the submissive's fantasy, the Mistress may choose to appear in a severe business suit, in full Victorian garb, or in thigh-high leather boots and matching corset. Likewise, the submissive could be wearing anything from nothing at all to diapers. The fantasy itself must dictate which types of clothing should be worn.

That some change of clothing is necessary is mandated by the principles we have been using all along. The better the scene-setting, the better the fantasy.

Every day you judge people by their clothing, so instantaneously that you may not be aware that you are classifying the people you pass as students, homeless, wealthy, artistic, gay, working-class, or computer nerds. You may not always be accurate, but you do read the clothing messages others offer.

Still doubtful? Consider the effect of uniforms. When a man in a white coat wearing a stethoscope tells you to undress, you probably do. In the same office, with the same man dressed as a policeman, making the same request, you would demand his strip-search warrant and then comply. If a man in a hard hat told you to do so, you would refuse unless he were your lover. You don't usually ask the man in white to prove he is the doctor whose diplomas hang on the wall. Instead, the power of the uniform convinces you.

You can take advantage of this effect by dressing in a way that spells power to your submissive, and for every male that costume is different. Find out his fantasies, look at the pictures of Dominatrices that he collects, and you can deduce his internal image of Female authority. By dressing to invoke that image, you can exert greater power over him with less effort.

Costume also has an influence, not only on how others see us, but on how we see ourselves. Your Domination garb should make you feel proud, stern, magnificent. Whether you select black leather embellished with metal studs or a Lady's riding habit circa 1890, the costume should mean power to you as well.

Likewise, when you dress a male in Women's clothing, he feels helpless, excited, and ashamed, all at once. Dressing him as a baby, a schoolboy, or a prisoner will similarly alter the way he acts. There is also the very practical consequence that a half-naked male or one dressed in a French maid's uniform cannot very well escape from your control. He would be too ashamed if someone else saw him dressed as his secret fantasy.

And that fantasy is the real key. If a vassal is dressed properly, his hidden self is both revealed and defined by his clothing. Costumes remove inhibitions because they change identity. Even a doctor would hesitate to tell you to undress without his stethoscope and white coat.

## PERSUASIVE ACTING

Perhaps acting is the wrong word here. But, as I am using a theatrical metaphor throughout the book, I may as well continue. When I speak of acting, I am not in any way assuming that you are insincere in your Dominance. I intend acting to signify the techniques an actress uses to convey a character: voice, gesture, and carriage. A great script if poorly acted may be a bore. Thus your Dominance cannot be complete unless everything you say and do expresses it: not just your words but also your voice; not just your actions but your very body language. You have to live the part.

### Tone of Voice

Many Women speak apologetically, in soft, scared little voices more suited to Girls than grown Women. Learn to speak firmly, sometimes even harshly, to your submissive. If you have problems, practice using a tape recorder. You'll find it extraordinarily liberating to use your voice to its fullest potential, to let all your forbidden emotions be revealed in your voice.

Try varying your tone of voice. Does he respond more to a sweet, mocking tone or to an abrupt, commanding tone? In all cases, you should speak with assurance and authority. You will convince both him and yourself that you are in charge.



## **Gesture and Carriage**

Commonly known as body language, gesture and carriage include such nonverbal communications as eye contact, facial expression, and body stance. The way you walk, sit, stand, smile, and hold your chin both express and determine whether you are Dominant or submissive in any situation. The Dominant person maintains eye contact, while the submissive drops his gaze. The Mistress moves strongly, with free strides and broad gestures, while the submissive limits the amount of space he takes up. The Dominatrix smiles rarely, the slave often. The Dominant Woman is free to look where she pleases, while the male cringes and looks away. The Mistress holds up her head, the submissive hangs his. By moving with confidence, you can Rule him without a word.

## **PREPARING FOR THE PART**

Before a discipline session, you might wish to spend some time getting yourself into the role of Dominatrix. Review your script, check your implements, and practice your Mistress voice and carriage. Until you can snap into your Dominant state instantaneously, with no thought, a little rehearsal is conducive to a smooth-running and successful fantasy.

When you have become a skilled Mistress, you may not need such extensive preparation. But it is always wise to remember that the Mistress cannot take her authority for granted. You must earn it with the force and vividness of your fantasies, the effectiveness of your disciplinary methods, and the compelling power of your personality.

## PLEASURE

One of the best ways to establish and maintain your authority is by enjoying Domination. When your submissive sees the pleasure he can give you, he feels happy and grateful and needed; he wants to give you more. Certainly there are moments when pleasure is inappropriate; some submissives never want to see the Mistress smile. But the vast majority want you to be having a good time, especially when you are punishing or consoling them. Otherwise he may feel that you don't like Female Domination and are doing it unwillingly, and therefore that he is secretly directing the action.

Your showing pleasure may entail as little as smiling sternly when you brandish the birch or as much as multiple orgasms. Show delight in all the various scenes of the fantasy—enjoying his costume, smiling when you threaten to punish him, and so forth. After all, a happy Mistress makes a happy slave.

## Chapter 6

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# *Asserting Your Dominance: Planning, Structuring, and Enacting a Session*

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*Charisma knows only inner  
determination and inner restraint....*

*The charismatic leader gains and  
maintains authority solely by  
proving [her] strength in life.  
—Max Weber, Economy and Society*

Satisfying discipline sessions don't just happen, any more than the plays of Shakespeare just happened. Great fantasies, like great drama, must be planned, considered, and choreographed to the last degree before the performance. Once you know the script and understand the dynamics of the drama, you may improvise a little, depending on the mood of the audience, your submissive.

Naturally, I am in no way suggesting that you must write out every line you plan to speak to your submissive. A too-rigid style of discipline is as bad as one that is too loose. I am reminding you to put some effort into the planning of your sessions, especially the

first one. Proper self-discipline in the Mistress always shows in a thoroughly and happily disciplined slave. When you take the trouble to understand the precise discipline needs of your vassal, you are doing him the kindest possible favor. For example, if he needs humiliation and gets mere punishment, he may rebel. No Mistress desires an insolent submissive; it reflects so badly upon her governance of him.

## DETERMINE HIS NEEDS

Your first step in planning an effective discipline session is to determine your submissive's needs. He may not, in fact, need actual discipline (in the sense of physical punishment) as much as he needs humiliation, subjection, or Feminization.

Find out what he needs by talking to him. Command him to tell you his three favorite fantasies, and take careful note of any recurring elements. If in each fantasy he is forced to wear Ladies' ruffled panties, you know that lingerie (and probably Feminization or humiliation or both) is an essential part of his needs.

You might choose to give him a foretaste of your Regime by forcing him into the confession of his fantasies. Nipple-pinching, an excellent persuader, will leave him panting for a real dose of your Reign. (Do not permit him to have an orgasm yet, no matter how much he begs for one. You must control the timing and frequency of his orgasms from now on. Giving in to him only encourages whining, an unattractive trait.) Analyze his fantasies by comparing them to the five archetypal Female Dominance scenarios adduced in Chapter 9. Then you will be able to proceed as a Mistress should: with complete self-assurance untroubled by doubt.

If this first scene is meant to be a surprise, get access to his collection of books and magazines on the subject of Ladies' Rule. If he has a secret stock of implements, better yet. You should be able to determine from his reading matter and accessories just what sort of fantasy he cherishes. Canes, hairbrushes, and spanking magazines all point to the Governess fantasy, while a hidden store of diapers, rattles, and baby bottles infallibly indicates a taste for the Nursemaid's tender ministrations.

If, after perusal of his favorite reading matter, you still cannot determine his tastes, he may be an eclecticsubmissive. In which case, choose your favorite fantasy from among the five archetypes, and plan your strategy accordingly. You can always take a few moments during that first session to torment him into confessing his secret desires. By eliciting and fulfilling them at once, you save energy and provide a little entertainment. I told you it was fun to be a Mistress, didn't I?

## **PLAN A PLEASING SCENARIO**

The essential principle of the pleasing scenario is drama. The scene should be crafted like a well-made play. You must provide an effective plot and script; appropriate set, props, and costumes; and persuasive acting.

### **Plot and Script**

The details of your script should be based on your submissive's known needs and fantasies. However, almost all Female Dominance fantasies follow more or less the same pattern. This ritual is the private drama that provides catharsis for your submissive. It goes like this:

- You establish your authority.
- He transgresses.
- You punish him.
- You comfort and/or satisfy him.

**You establish your authority.** For some males, the first stage is most important; those who cherish Queen or Goddess fantasies love to stretch out this process. For others, such as males who prefer the Governess or Nursemaid fantasies, your establishment of authority may almost be taken for granted. Males with Amazon fantasies may go either way; some enjoy struggling with a Female who masters them, while others prefer to take the Lady's authority as read and get on with the second or even third stage.

During this stage, you may set up the fantasy situation (you are a pirate Queen who has kidnapped him, and you wish to test his strength and stamina before deciding whether to sell him as a slave or keep him yourself; you are a Governess who Rules her charge with spankings and humiliation); snap out orders for him to obey; force him to dress, speak, move, and behave differently (as a sissy maid, a baby, or a schoolboy); deprive him of liberty by keeping him in bondage; or demand and receive maid service, body worship, oral servitude, or whatever you like. Some submissives prefer to be rewarded with body worship and oral servitude at the end of the discipline session, rather than enjoying it unearned at the beginning. For more details, see the individual chapters on the five archetypal fantasies.

This stage is exceedingly gratifying to the Mistress, and may indeed result in a number of sexual climaxes.

**He transgresses.** Again, the duration and intensity of this stage vary with the type of fantasy. Submissives who seek the Goddess, Amazon, or Queen archetypes may commit many tiny transgressions, each with its separate punishment, while those who desire a Governess or Nursemaid may not actually commit a crime at all.

Nevertheless, you must know precisely what infraction you are punishing him for, in order to scold him most effectively. But you don't actually have to catch him smoking, for example, to correct him for doing so. For some submissives, the only transgression is having been born male instead of being one of the superior sex.

**You punish him.** This stage is the paramount one for many male submissives. Whether you spank him over your knee or punish his penis with a wire dog brush, the pain and humiliation he must undergo is crucial. Plan this stage carefully. Know how much pain he can take, what postures and punishments he finds most embarrassing, and what kind of chastisement he needs. Then go to it with a will. Do not desist until you are satisfied that he is thoroughly punished—unless he uses the safeword.

**You comfort and/or satisfy him.** For some submissives, punishment itself (perhaps with accompanying tears) is the release; for others, the orgasm or consolation following the punishment is cathartic. Find out early what your submissive wants and needs, and be sure to supply it!

After enduring the pain of punishment, the submissive may feel that he has earned the right to perform some intimate service for the Mistress: rendering obeisance to the Dominant's Shrine, for example, or bring permitted to rub her feet and polish her shoes. Take advantage of these tendencies, and not only because they provide you with pleasure. For some submissives, these tasks are essential rewards for having borne your rigorous discipline,

bliss after agony. Males with Queen and Goddess fantasies are most likely to look on the comfort stage as the ultimate purpose of the discipline session, as opposed to the discipline itself.

It is entirely your choice whether and how your submissive will obtain an orgasm at the end of the session. An orgasm is always the end of the session. Punish him and postpone the orgasm, and you will find him tractable again. You may, upon practice, be able to extend the game indefinitely as long as your male doesn't climax.

Methods of orgasm vary; you may choose to permit your slave to masturbate or give him satisfaction with your hand, or you may end the session and move on to intercourse.

## ASSEMBLE YOUR EQUIPMENT

As you know from Chapter 5, setting the scene properly is essential to making a fantasy work. Once you have decided on a specific script, list all the equipment and clothing you will need to fulfill that script. Do you need any new items? Or can you use the toys you already have to fulfill the fantasy?

Buying Female Dominance equipment and clothing can be an erotic experience for both of you. If you visit stores, you can maintain your Dominance by commanding him to carry the items you select. You can also make him wear satin panties or a chastity device beneath his street clothes, or, if he enjoys full-fledged cross-dressing, make him dress as a Girl.

If you prefer to shop by mail, browse the specialty catalogues together; while you make the major decisions, you may allow him to choose a single toy from among, say, three possibilities you have indicated. Specialty stores and catalogues carry a wonderful range of implements, from the black leather accouterments of the



Amazon to the frilly crinolines suitable for a sissy maid to canes, birches, and wooden hairbrushes.

If you already have a good many toys to choose from, you may wish to organize them by number. List each item on a separate 3x5 card, describing the name, size, color, and use of each toy. Then you can command your submissive to bring you number 34, 12, 17, and 3, and he will show up with the collar, leash, whip, and gloves you have designated. Some submissives find this powerfully erotic; fetching the implement of correction makes them shiver with anticipation. You may prefer to keep the mystery (and the power) by choosing and laying out the equipment yourself, merely commanding your maid to dress in the garments you have laid out on the bed and present himself to you immediately, bringing the hairbrush with him. (That's a command that will strike fear into his heart.)

Few things are as annoying in the midst of an intense session as reaching for an implement and finding that it's still in the closet, the cellar, or wherever you store your toys. Figure out all you will need and then make sure it is clean, handy, and ready for use. A disorganized Mistress loses half her authority.

## GIVE HIM NOTICE

How do you let your submissive know you are planning a discipline session? For that matter, how does he convey the idea that he needs one? These elementary issues of communication must be worked out, for many submissives feel resentful if they have to initiate Dominance play, while Mistresses grow angry when they wish for a scene and their male says no. The better your communication the rest of the time, the better this will be, but still you should work out a clear code.

Calling one another by your Dominance or submission name is an open invitation to a session. Or you could surprise your submissive by letting him come home from work or an errand to find you in full Dominance garb and his own submission clothing laid out, ready to wear. In either situation, however, you must always be willing to accept a no from him; he may be sick, exhausted, or simply not in the mood, and you must respect that. Likewise, he should be able to understand that you're not always ready to play, any more than you are always ready for sex or food or any other pleasure. It is no reflection on your Dominance to refuse him now and then.

You could also call him at work and leave a coded message. Even if he isn't in the mood at the moment he receives your note, anticipation may convert his other emotions into the lust to submit to you. If you use voice mail or E-mail, make sure the code is unbreakably innocuous. You don't want his whole law firm to hear or read about his crinoline and sissy panties. If he is dying for a session, he should be permitted to suggest it to you by the same means, and with the same caveats.

You might also schedule a regular time—Wednesday nights, for example, or the last weekend of each month—and always have a session then. The virtue of scheduling is that you both build up anticipation as the days pass, and you have a chance to plan and set the scene. You should, if at all possible, refuse all other social obligations on your regular date night. (Your friends may or may not know precisely what you do on your dates, but they are certain to be impressed by your steady commitment to one another.) The disadvantage of this approach is that it doesn't work if either of you must travel unpredictably and alone on business. On the other hand, what else is there to do in a hotel room in St. Louis but obey the distant commands of a Mistress, conveyed by letter, fax, phone, or e-mail.

## **The Safeword**

In giving your submissive notice that you will be disciplining him, you may also wish to remind him of the safeword. "Alaska" is good; so is "umbrella" or "Casablanca" or any other word that cannot possibly be mistaken for part of your love play. It should always be the same word, so neither of you has to try to remember what tonight's word is. And it should always, always be instantly respected. If things are too intense, your submissive must be able to stop them; if you refuse to stop, he will lose his trust in you. And trust, as we saw back in Chapter 1, is one of the essential elements of successful Dominance/submission relationships.

## **ACT OUT THE SCENE**

And now, at last, the moment you've both been waiting for. The play itself. Yours may not—will not—follow this model exactly, but this is a fair representation of the ordinary script. It will at least set you to thinking how your scene could and should be different.

### **Act One: Dominatrix in Command**

In the opening act, you must establish your authority. Using costumes, lighting, make-up, voice, and whatever lines are appropriate to the role you are playing, you must show your submissive that you are now in command.

He will almost certainly resist your authority, although in some small way that seems apparently helpful and submissive. He might suggest that you tie him up in a certain way, that you use

another instrument to punish him, or that he wear a specific costume.

Take note of the request for later use, but under no circumstances should you grant it! You must establish yourself as the protagonist in this little drama. Your ideas, your preferences, your will, are all that matter now. Tell him so. Remind him that the safeword is "chocolate" or whatever you have chosen, and that if the scene becomes too intense for him he may always use it. Unless and until he does, you are quite uninterested in his ideas and preferences. And if he does not do what you command, immediately, he will endure the consequences of your displeasure!

I cannot emphasize this point too strongly. If your submissive uses the safeword, by all means stop. You must; it's part of the contract between you. However, your authority is also in the contract, and you must maintain it, no matter what he does or says (short of the safeword) to test or undermine it. If you fail to assert your power now, your vassal will feel disappointed. He wants to test your limits and find them strict.

This is the point at which many prospective Dommess fail. If you are not autocratic enough, but are too ready to please the male you should be controlling, neither of you will have a satisfying experience. He will feel cheated, as though he were secretly directing the whole scene, which is hardly what he desires. And you will feel powerless and angry. You tried to please him but he wasn't pleased.

Well, don't try to please him. Please yourself. Ultimately both of you will be happier.

Now that you have quelled his first stirrings toward rebellion, don't let the pace down. Hustle him into the next stage. A scolding, a change of clothes, whatever is the next logical step in the fantasy you have selected. Keep him moving. Remember the importance of the two kinds of suspense. Always keep the initiative in your hands.

If, as a Goddess or Queen, you use cunnilingus or another kind of service to establish your power, this is the moment to demand it. As a Nursemaid, you should be bundling your charge into his diapers and warning him about the potential consequences of his temper tantrums. If you are a Governess, you should be preparing your naughty male for the discipline he richly deserves: sending him to fetch a birch, pulling down his trousers, bending him over the chair, telling him how much the twigs will sting, and so forth. In an Amazon fantasy your slave should be bound now, while you begin to taunt and torment him. In all the fantasies, the stage is set for the second act: the discipline of your submissive male.

## **Act Two: Punishment**

At this point, few submissives are feeling insubordinate. He is unlikely to defy you openly now (for defiance, after all, recognizes you as an authority with the right to command him) unless he wants a heavier castigation than he thinks he is likely to get. (Yes, you should give it to him.) Indeed, the naughty male is more likely to be seized with fright. He isn't sure he can take the punishment he has invited; he is certain, however, that he doesn't want to undergo it. He may appeal to you in your everyday persona, asking you not to do this, begging to end the fantasy. Harden your heart against these touching appeals. Unless he uses the safeword, he isn't serious.

Instead, respond in your Mistress persona, sharply commanding him to do as you say. If necessary, threaten to double his punishment unless he obeys you instantly. You may make other threats: to reveal his wickedness to others if he doesn't comply, to forbid him ever to serve you again, or whatever best suits the fantasy.

Physical restraints, common in Amazon and Goddess fantasies, make continuing the scene easier. In a schoolboy or nursery fantasy, you may seize him by the hair or an ear and bend him over, punishing any struggles with a smart whack on the bottom. Sissy maids are less likely to rebel, but they do plead and whine. Simply continue with the planned punishment, despite tears and moans.

Remember that if he really wanted to end the scene, he would use the safeword. All the pleas and protests are simply a way to heighten his own arousal and reveal to you your own power: for, despite his begging, you are indeed going to punish him thoroughly. Once you have him in punishment position, you should play on his fear. The fear magnifies any punishment you bestow, making a simple spanking an experience of overwhelming power. Specific suggestions for dialogue are given in the chapters on individual fantasies.

### **Act Three: Denouement**

Once he has been thoroughly punished, console him. Some submissive males (sissy maids, slaves of Amazons, and Goddess worshippers) may wish to be rewarded with a chance to give you pleasure or show their renewed devotion after the pain. Adult babies and schoolboys may have to spend time in the corner as part of their punishment, but afterwards they are eager to be petted and consoled, told how well they took their medicine, and questioned about how they plan to conduct themselves in the future.

Then, at last, the orgasm. The method of administering it depends so much upon the fantasy that generalizing becomes nearly impossible. Some males may achieve orgasm directly, via the chastisement; you should nevertheless console them afterward.

## AFTER THE SCENE

Once the scene is over, usually after the submissive has had an orgasm, you need a ritual to help you revert to your ordinary selves. Cleaning up and putting away the toys, hugging, perhaps discussing the scene (unless you prefer to wait a while) all can help you make the transition back to your normal selves. You may choose to play a special piece of music, share a pot of tea, or take a shower together. You could just be together silently, savoring your closeness, or you could take advantage of the extraordinary rapport to have a deep conversation. After a few sessions, you should be able to work out a routine that soothes you both.

There are a few potential problems immediately after a discipline session. You're both in a vulnerable state right now, and you need to be considerate of one another. However, you may find that you always argue, that your submissive starts viciously teasing, or that he icily withdraws from you. Any of these reactions may mean that one or both of you have problems dealing with the intimacy. Thus the impulse to shatter it rudely with an argument, a malicious criticism, or a cold put-down. It could also indicate a problem with the scene itself, and you should discuss that thoroughly. Did it bring up old traumas? Does your submissive want a kind of punishment he isn't getting, or is getting exactly what he wants so overwhelming that he has to pull back from it? If you consistently argue after your scenes, consider seeing a couples therapist or stop playing out fantasies. You don't need to put up with nastiness (and, of course, you shouldn't be dishing it out, either).

Most couples, however, find that after a discipline session they feel more loving and committed than ever before. They have gone through an ordeal together, faced parts of themselves that most people never look at, and have come through with their mutual confidence and responsibility intact. There is no deeper trust.

## Chapter 7

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# *The Art of Discipline: Advice, Techniques, and Implements*

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*Use every man after his desert,  
and who should 'scape whipping?*

*—Shakespeare, Hamlet*

"Discipline," in the context of Dominance/submission play, almost always means spanking and its variants. Spankings may range from childish smackings to intense birchings, but all are chastisements inflicted on the buttocks, and the basic techniques are very similar. This chapter will teach you to choose and use the type of spanking, the implement, and the necessary force. Although effective spanking is not the only discipline skill a Mistress needs, it is a truly useful one, applicable to almost every submissive, from the Nursemaid's adult infant to the Goddess's slave. The reasons, rituals, implements, and force may differ, but every variation of the Dominance experience includes the physical punishment of the submissive.



## BASIC SPANKING TECHNIQUES

### Where Should I Spank?

No, we're not discussing the issue of public humiliation. Hard as it may seem to believe, we're discussing the proper placement of the spanking blows themselves. Each individual smack should fall where it will be both safe and erotic. Those two criteria eliminate such practices as whipping the feet (which can cripple) or the belly (which can kill). Blows that fall upon bones, veins, organs, and joints are unerotic as well as dangerous.

Now you may be wondering whether any spot on the human frame is safe for chastisement. The answer is yes. The safest locations for punishment are also the most erotic location for punishment: the fleshy lower half of the buttocks, and perhaps the upper thighs. (Of course there are other kinds of punishment than spanking, but penis and nipple punishment will be dealt with in Chapter 8.) If you have any other spots in mind, go back and reread "A Necessary Warning" at the beginning of the book.

The buttocks are truly the dream spot for correction. Fleshy and full and ordinarily hidden, they are already a subject of no little embarrassment, even without the threat of having them bared and beaten. Their proximity to a number of forbidden zones helps make them a seat (forgive the pun) of a sexually charged self-consciousness. The erotic feeling produced by shame is intensified by physiology: their nerves are intertwined with those of the genitalia. Altogether they are delightful and yet humiliating, a perfect venue for the mixture of both that makes Dominance so arousing.

The most forbidden and sensitive part of the bottom is the lower half, where the muscles are plumpest and the division between them is deepest. The "sweet spot," a spanker's delight, is

the lower central portion of the buttocks, spreading generally from the crest of one nether cheek to the crest of the next. This spot, situated over and around the cleft, is highly susceptible to both painful and erotic sensations.

Any blows that land further out, toward the hips, have less impact than those that fall on this plump, quivering flesh. The spot where the buttocks round in to join the thighs is also delightfully impressionable. The backs of the thighs themselves must be struck with care; unless the submissive is unusually plump, bone and veins are often close to the surface here.

Although you need not place every smack in that magic zone, the sweet spot definitely deserves attention in your chastisements. If you are tempted to whip other spots, reasoning that your submissive is seeking pain and will appreciate your thoughtfulness, forget it. A stubbed toe is decidedly painful but not sexy. Raw pain is already too widely available in the world; a mixture of pleasure and pain, the goal of erotic punishment, is both rare and precious for the submissive.

## **The Two Types of Smacks**

There are two types of spanking blows, one designed to sting the skin, the other intended to stimulate the deep muscles of the buttocks. The difference is partly a result of applied force, more of aim.

**The Stinging Blow.** In a stinging blow, you aim at the skin, using the strength of your forearm only, and you strike with fingers first or at the same time as the palm. You may splay your fingers to widen the area of impact. The stinger may literally hurt the Mistress more than the submissive, so it is better to apply these blows with the back of a hairbrush or another implement. They are quite

effective without doing deep damage: they sound dramatically loud, rapidly redden the bottom, provoke wriggling and yelling, and generally give the impression of a severe spanking without inflicting the pain of one.

**The Deep Blow.** The deep blow is a different story. You apply it by swinging your arm from the shoulder, and the palm lands first. Your aim is not the skin, but the deep muscle tissue of the bottom. These blows should never be aimed anywhere but at the sweet spot, where there is little or no risk of damage. Moreover, you can—and should—swing your whole arm without using your full force. These deep blows make less noise than the stingers, but they set the cushion of the buttocks quivering with aftershocks (and soon quivering with pain). Reddening depends upon the individual; a quite deep spanking may include little color at the time but later show up as an array of bruises or a very sore bottom. A deep spanking also seems to provoke less wriggling, although yelling, moaning, and sobbing, even tears, may occur.

These two types of blows may be applied with the hand, the birch, the hairbrush, or any other spanking implement. Under the individual sections on each implement I explain which type of blow is more appropriate and how much force should be used.

## **Pacing the Blows**

Now that you know where to place the blows and how to gauge their intensity, you must learn the next great lesson in giving a truly satisfying spanking: pacing the blows.

All punishment is a balance between intensity and duration. More intense pain should last less time; if you want to prolong the punishment, use less intense stimulation. If you start out the spanking by striking with all your force, your submissive will yell

the safeword far sooner, and you both will end up feeling abused and unsatisfied. The more aroused your submissive is, the more pain he can take. Just being in the position of punishment, whatever that might be for the fantasy you share, is probably arousing to him, and if you have followed the instructions given in Chapters 5 and 6, he is in a considerable state of suspense as well. Nevertheless, start the spanking slowly. Save some of your strength for later. You'll need it.

Although every submissive differs in what he wants and needs, the following basic principles may be of some service in helping you administer a thorough licking to your submissive. Careful attention to these details will enable you to administer a more effective spanking and allow your submissive to enjoy a longer, more painful chastisement than he thought he could bear. And yes, the active word is enjoy; a long spanking can be exceedingly fulfilling to the submissive, bringing him not only physical release but psychological satisfaction as well.

**Rhythm.** Varying the weight, frequency, and placement of the blows keeps the submissive off-guard, so he cannot blot the pain from his mind. The first few smacks should be firm and crisp but not too deep. A few stinging slaps to start bringing up the color is a good idea. Watch his reactions; when he seems to be getting too satisfied with how well he is taking the punishment, startle him with a few deeper blows.

You may alternate cheeks, smack up and down the bottom, or follow a more random pattern. Repeatedly smacking the same spot may result in bruises, and certainly intensifies the pain. A more widespread coverage, reddening the bottom uniformly, allows you to stretch out the chastisement without overwhelming the submissive.

**Speed.** A slow pace is most appropriate to caning, strapping, whipping, switching, and birching. In these varieties of punishment the miscreant must often count the blows aloud as they fall. Since each one sears the buttocks with great force, a slow pace allows the submissive to feel the full, lingering impact of the stripe and let it ebb a little so he can begin to dread the next one.

On the other hand, a moderate to fast pace is more in keeping with the use of the hairbrush, the paddle, and the hand. Although the submissive may also have to count these blows, each one is less intense and should be followed up more rapidly in order to keep the flow of the punishment going.

A rapid spanking is most appropriate for hand or hairbrush; a quick, impulsive over-the-knee chastisement of the naughty boy may not last more than a few minutes, but can produce a stinging, tingling rear end and a better-behaved submissive.

**Weight and Timing.** As the spanking continues, you may use heavier and heavier blows. By now your submissive is growing accustomed to the pain and is probably extremely aroused as well. Change the ratio of stinging smacks to deep blows to favor the latter. His buttocks should be brilliantly colored and he should be sobbing or moaning. You may finish the chastisement with a fast flurry of heavy blows, concentrating on the sweet spot, or (if this is a counted chastisement, such as birching or caning), continue even more slowly and give the last blow with extra force.

## **Intensifying the Punishment**

When, how, and where you apply discipline can make a mild spanking seem more severe and thus more effective. The first principle is: To make a moderate spanking seem more intense, heighten the shame involved.

**Fetching the Implement.** Before the punishment commences, an implement of some kind must be fetched to use in the correction. If the miscreant is bound, he obviously cannot be expected to find and bring you a hairbrush. However, if at all feasible, you should insist that he fetch the rod with which he will be punished.

Take a strong, disciplinary stance, erect and angry, perhaps with your hands on your hips. Command your submissive to bring you the hairbrush (or whatever implement you have chosen)—immediately!—and wait for him to return, his head hanging in shame and fear as he hands you the dreaded device.

While your submissive is performing this embarrassing errand, his mind will be possessed by the thought of the coming punishment, voluptuously dwelling on every excruciating detail of having his bottom bared; your lecturing him as he lies exposed over your lap; the stinging pain of the first blows; his fears that he might shame himself still further by wriggling, crying, or trying to escape the dreadful pain; and the aftermath of corner time, cock torture, or whatever you have chosen as the ideal way to finish off the discipline. Consequently, by the time he arrives with the implement he will be thoroughly psychologically prepared for correction.

**Asking for Punishment.** This step is not always appropriate, but it can be exceedingly effective in breaking a defiant slave's will and showing him the wisdom of surrendering to your superior Authority. As he hands you the rod, he should say, "Please punish me, Mistress. I know I have been naughty. Please spank [whip, birch, cane, or whatever] me until my bottom is red and sore, so I won't disobey you ever again."

Depending on the fantasy archetype you are enacting, you may change the wording to suit your situation. You may also wish to have him confess his particular crime in this little speech. How-

ever you do it, you should choose one form and stick to it. It will become a ritual as familiar and shaming as the punishment itself, and add immeasurably to both his suffering and his sense of security.

If he should refuse to ask for punishment, you must encourage him with a taste of discipline. A few swipes of the cane or smacks with a hairbrush may make your point. Occasionally your submissive will resist all the way through a serious chastisement. If he does, you must not let him off asking for the punishment! He is testing you, and you must make sure that he finds your Regime as strict and unbending as a solid wooden paddle. If you have to paddle him into tears before he asks for the punishment, so be it. The only possible exception is if he uses the safeword. Then you must stop the scene short and discuss what went wrong. But as long as he doesn't use the safeword, he *wants* to be overborne.

**Clothing and Unclothing.** Carefully chosen punishment garb can add deep humiliation to the sting in a submissive's nether cheeks. Simply taking a submissive over your knee is quite embarrassing for him; forcing him to wear ruffled sissy panties as well may make even a brief chastisement well-nigh unbearable. Dressing the submissive like a little boy or in Feminine clothing adds special shame to the experience of being corrected.

"Baring up" the culprit's bottom is highly recommended. Clothing provides physical protection from the weight of the blows and psychological protection from the weight of the humiliation. Pulling down trousers and underclothing can be made a ritual of extreme shame. The slow revealing of the naked bottom is a sensual pleasure for you, the Mistress, and a slow building-up of mingled fear and anticipation for your submissive.

**Delaying Tactics.** Once those buttocks are naked, revealing all their plump secrets, you may not wish to start spanking immediately. The longer the suspense, the deeper your slave's fear and the more effective the final chastisement. So you may wish to follow several delaying tactics, once that bottom is bare.

You can arrange the culprit in position, pull down his pants, and then commence a lengthy lecture on the fresh, pale buns which will so soon be toasted and tingling; linger lovingly over the sting and fire you will soon be spanking into that bottom, and point out how shameful this position is, for such a big boy to need such harsh, childish punishment. Dwell on his errors and the changes you expect to see in him. Remind him of the corner time still ahead, and how his poor bottom will ache for days. By now he should be writhing in frustration and fear. Tell him he ought to lie still now; he'll need all his energy to bounce under your stern paddle.

**The Well-Prepared Bottom.** You may also apply various salves, lotions, and other treatments to the buttocks. A damp bottom is more sensitive to pain than a dry one, and a warm one is more sensitive than a cold one. You may choose to wallop your submissive straight out of the bath or shower, or apply towels wrung out in hot water to the target area.

Hand lotion, a mixture of glycerine and water, or a thin film of soapy lather also intensify the sting. You should be lecturing him while you slowly rub the solution onto the bottom.

To punish real naughtiness, rub a stinging salve (Tiger Balm, Heet, or Ben-Gay are good examples; you may also use oil of peppermint) over the affected area before the spanking is to commence. Then wait several minutes, allowing the salve to develop its characteristic fiery burn, before you add your own fiery burn. You may also paddle your submissive first and then prolong the agony with a generous application of these deep-muscle rubs.



**Public Punishment.** You might consider punishing him before other people, which is a humiliation deep enough to make the lightest smack resound in your submissive's mind like a full-fledged whipping. However, this technique should only be performed before people in the scene who have signified their willingness to witness the chastisement. You violate others' rights when you expose them to a sexual game they have not consented to. Furthermore, this technique is potentially explosive: you must discuss it with your slave before you try it.

You can, however, adapt the technique. A surreptitious smack on the submissive's buttocks, especially if he is wearing submission gear under regular clothes, can be both discreet and exciting. You may also pretend to be punishing him before others; during the spanking, tell him who else is present and watching his humiliation.

**Talking.** This suggestion brings us to one of the great techniques to enhance punishment: talking. Once your submissive is in the position of punishment, whether bound in place by physical ties or a healthy fear of your anger, you should begin to talk. Lecture him on how naughty he has been and remind him of what he has done to deserve your wrath. Describe the chastisement to come, lacing specific details of the punishment with threats that he will be getting the spanking of his life, that his poor naughty bottom will be so sore he won't sit down for a week, and the like.

The style of it changes with the fantasy, of course; an Amazon taunting her captive might emphasize the shame of such a strong man being whipped by a woman, while a Nursemaid is more likely to tell her charge that he is so naughty she simply must spank his wicked little heinie until it's red and sore.

During the chastisement, you might want to pause and comment on the damage being done. The heat, color, and welts of the bottom should be emphasized or even exaggerated. You could

ask for confessions of further wrongdoing (which will instantly entail extra punishment) or inquire whether the submissive is sorry for having disobeyed you. You might even ask if he has had enough, and then, when he says yes (as long as he doesn't use the safeword), laugh and tell him that you will judge when he has been punished enough, and then go on with the chastisement.

**Combined Corrections.** One of the best ways to intensify a discipline session is to combine two or more punishments. You may follow a hand spanking with the use of one of the inflexible implements (hairbrush or paddle), or use one of the flexible implements upon a bottom already prepared by a hand spanking or the use of a hairbrush or paddle. Warming the bottom thoroughly before using the sterner implements will intensify their sting and provide a delightful contrast between the broader coverage of hand or hairbrush and the more focused sensation of strap, switch, or birch. In cases of stubborn and repeated naughtiness, you may start the session with a hand spanking, move on to hairbrush or paddle, and crown the whole with a dozen strokes of the birch, switch, or cane.

**Kissing the Rod.** Whatever implement you choose, do not omit this ceremony! Kissing the implement that has just reduced him to nursery status and evoked tears, squirms, and other undignified behavior has the bitterness of utter abjection for the submissive male. But, just as he must fetch the rod and ask for punishment, he must kiss it afterwards and thank you sincerely for giving him the correction he needed and deserved.

Once again, choose a form for this ritual and stick with it. Its familiarity will make him feel comforted and secure, while the repeated words will deepen his humiliation every time he speaks them, reminding him not only of the current punishment (from which his bottom is still sore and glowing) but of all the ones that

preceded it. He should kiss the rod and say, "Thank you, Mistress, for spanking me. I know I deserved it, and I'm sorry you had to punish such a big boy. Please forgive me, and make sure to punish me whenever you think I need it."

Should he refuse to perform this ceremony, the punishment is clearly not finished, for he has not surrendered completely to your authority. Return him to punishment position and give him a further dose until he indicates his willingness to kiss the rod.

Kissing the rod might seem impossible in a hand spanking, but it is not. You may choose to have him kiss your hand, or perhaps your cheek or foot, after which he must recite the apology.

**Aftermath.** After the punishment is over, your task is not done. You may wish to send a childish submissive to stand in a corner to display his bare, reddened nether cheeks and think about his crimes. (No rubbing of the affected parts should be permitted.) A sissy maid might be forced into various embarrassing postures or oral servitude. The slave of an Amazon or Goddess could stay in bondage or be forced to perform body worship. Once these things are done, you may forgive your submissive, allow him to have an orgasm, and end the scene.

## USING PAIN WISELY

The novice Dominatrix, taken in by books, videos, and perhaps other Ladies' bragging, may feel it incumbent upon her to punish her submissive until he cries real tears. She may lash away at her bound slave, relishing the delightful exertion of her Authority, without realizing that he has long since stopped enjoying the punishment. (Of course, he should use the safeword, but he may not.) Few issues cause so much frustration, blame, and anger.

How does a responsible Mistress maintain strict discipline without inflicting severe chastisement? What is the line between erotic and discipline spankings? What do those blows actually feel like? When is enough enough, and how can you tell?

### **The Psychology of Punishment**

By punishing your submissive, you establish and enforce your Authority over both his body and his mind. During a discipline session, your vassal knows unmistakably that you are in command and he is subordinate. But, even in the midst of actual chastisement, the pain is not the essential element of your Dominance. Psychological factors far outweigh the sting of even the severest whipping.

For example, a bare-bottomed, over-the-knee spanking derives much of its effectiveness not from the physical pain involved (which can range from negligible to intense, depending on duration, implement, and applied force), but from its sheer childishness. It is humiliating to be so treated, especially if the Mistress emphasizes the bare bottom, the embarrassing posture, and the naughtiness and immaturity of the howling, kicking male over her lap.

A wise Mistress takes advantage of these psychological factors to intensify and focus the pain she does inflict. The punishment should be chosen with the culprit in mind. What fantasies does he indulge in? What most bothers him? How can he be most effectively disciplined? What treatment does he need now to remind him of your superiority? Will humiliation add to his corporeal suffering? Can special clothing, posture, or audience heighten his embarrassment?

These considerations impart an extra sting to the submissive's already humiliating experience, yet they are truly kind. For without them, the Mistress might need to assert her Authority in far more severe and excruciating ways. And remember, he needs your ministrations, even the ones that leave bruises and soreness behind.

## **Erotic Versus Discipline Spankings**

The topic of erotic spankings versus discipline spankings is a tangled and controversial one. Erotic spankings almost all take place under the guise of discipline, while discipline spankings often contain a strong flavor of the erotic. Yet the distinction may be crucial to how you deal with the individual chastisement, not to mention your submissive.

Discussing the issue with your submissive (not during a session, of course) may or may not be helpful. A submissive is likely to claim in all honesty that he wants severe discipline spankings, and in a sense he probably does. He wants to feel as helpless and totally Dominated as a child being whipped. But he also wants it not to hurt so much that he loses his erection. No matter what the dialogue, the ostensible reason, the control you have over him, that is the deciding line. If he wants and needs a discipline spanking—and many submissives do, at least occasionally—he must be willing to suffer it without an erection. (Afterwards, of course, he will probably spring to full and throbbing life, but not during.) Some well-known Mistresses administer discipline spankings after the submissive has had an orgasm, effectively removing any erotic element from the punishment.

Discipline spankings (or whippings, or birlchings, or whatever) tend to be extremely intense, both physically and psychologically. The exchange of power is almost overwhelming. Many

couples who do discipline spankings don't even use a safeword, since the point of a discipline spanking is that the Dominant knows what is best for the submissive and can be trusted to punish without doing lasting harm. To be honest, discipline spankings tend to be the province of couples who have been involved in the scene a long time, who have tested their limits together for years. Both may have played with others and have a clear and confident understanding of the physiology and psychology of punishment. In short, this is no game for novices. Work your way up to discipline spankings gradually.

A good erotic spanking counterfeits the discipline version, while leaving the submissive more independence. A skillful Mistress can make the illusion seem complete without stirring the murky psychological depths of true punishment. In both kinds of spanking, the Dominatrix must constantly and carefully observe her submissive, checking his physical reactions and his emotional state. But an erotic spanking, painful as it may be, is never too much to bear.

## **Experiencing a Spanking**

No book, movie, fantasy, or friend can tell you what a spanking feels like. You have to learn the dreads and delights of that practice over someone's knee. Is it important for you to know? I think so. You should understand exactly what you're dishing out. Although individuals and their reactions to spanking differ dramatically—you may not find it erotic at all—the experience will help you to better understand your submissive and his needs.

Some of the best Dommies are "switches." They understand submission as well as Domination because they practice or has practiced both. When such a Mistress inflicts a bare-bottom spanking, she knows how the shame and the pain must feel; she

has experienced them. If you have never been a switch, you might consider finding someone to administer a sound spanking to you, on the principle that experience will teach you far better than theory ever could just what you are doing (and how to make improve your technique) when you paddle a submissive's fanny.

You may decide to switch with your submissive, or, if that idea fails to appeal, seek out a Mistress or male dominant to handle you. Indeed, some experienced Mistresses, committed believers in Female Rule who would never dream of permitting their submissive to take the reins for even an hour, regularly schedule time with a fellow Mistress in which they can balance their power with a dose of submission and punishment. Then, feeling cleansed and peaceful from the discipline, they return refreshed to the Rule over males that so deeply satisfies them.

## **When He's Had Enough**

How much punishment is enough? The answer varies with your submissive's tolerance levels, the intensity of the scenario, and the degree to which he has sinned. Start with less pain; you can always add more as you watch his reactions. This is one of the issues you must discuss beforehand, but even hours of conversation will not inform you of his exact need for and tolerance of pain. You must watch his reactions, remain open to his needs, and control yourself. Going too far may turn him off to your Rule for good.

Specifically, watch for the following signs that your punishment is working. At the beginning of the chastisement your submissive may try to be manly, stoic, and silent. He could even be openly defiant of your authority, saying outrageous things to spur you on. He might wriggle and try to escape.

You are getting through to him when he starts to make noise. He may plead, moan, or sob (make crying noises without tears). If he is still struggling with your authority, however, trying to crawl off your lap or escape the ropes, you should probably keep on. Submission is often revealed by lying still and accepting the blows. You don't need to push him to the point of tears to have earned his submission.

Physical signs that the spanking has gone on too long include splotchiness of the buttocks, then pimples or blistering. If you keep on striking him after his bottom has started to pimple, he could start to bleed. That is far too severe a punishment. If you use a cane, a whip, or a birch, you may have wealing; you could even draw blood if you are not careful with these precision implements. Most submissives do not need, want, or like to be punished to this extent.

You do far better to end the chastisement before you've done damage that will mottle his bottom for a week. Remember, the better you are at creating suspense, the less actual physical pain you need to inflict on your submissive. But won't he be disappointed if he doesn't get all the pain he wants? Perhaps a little, but if you give him all the drama he needs, he may not even notice that you didn't push him to his physical limits.

## IMPLEMENTS OF CORRECTION

Discipline may be administered with a number of implements, some formal, some improvised. They fall into three categories: the human hand, rigid implements, and flexible implements. Rigid implements include paddles, hairbrushes, and wooden spoons. Flexible implements include straps, canes, birches, and whips. Each type has its own etiquette of use: the rating of severity, the



culprit's position, and the fantasies that best display its unique virtues. (See Table 7.1.)

## **The Human Hand**

No other spanking implement offers the range, delicacy, and precision of this instrument. Hand and bottom might have been expressly designed for one another. Furthermore, this instrument, with its echoes of childhood and a Mama's stern affection, may melt a slave's rebellious heart when a whip or a cane would harden his defiance.

Spankings with the hand may be mild smackings, more notable for the shame they produce than any excess of pain, or they may be more severe, tiring the Disciplinarianne and producing tears and genuine soreness in the spankee. Because the very nature of the hand makes permanent damage unlikely, as long as it is applied only to the fundament, a physically severe punishment is less likely to occur when the Mistress uses her hand only. Nevertheless, the psychological severity of the punishment may be great, especially if the spanking is given in especially shaming circumstances: in public, for example, or wearing punishment clothing. Remember, the more humiliating the punishment, the less pain you need to get your point across.

The very intimacy of the hand spanking—and this is the most intimate of all punishments—makes for additional shame, yet the closeness of Mistress and male acts paradoxically as a comfort and a consolation to him, assuring him all through the pain and humiliation that the chastisement is indeed for his own good, not just a cruel whim of an uncaring Dominatrix, but the sorrowful correction of an angry but loving Lady. Consequently, the best fantasies for this practice are the domestic archetypes: the Nursemaid, Governess, and Queen fantasies.

*Table 7.1. The Instruments of Discipline*

<b>INSTRUMENT</b>	<b>SEVERITY/ EMOTIONAL DISTANCE</b>	<b>CULPRIT'S POSITION</b>	<b>BEST SPEED AND WEIGHT</b>
<b>HAND</b>	Mild to moderate/ Extremely close	OTK or held bent under the arm	Moderate to fast; light to heavy
<b>HAIRBRUSH</b>	Moderate to severe/ Close	OTK or held bent under the arm	Moderate; light to heavy
<b>WOODEN SPOON</b>	Mild to moderate/ Close	OTK, standing, or held bent under the arm	Fast; light to heavy
<b>PADDLE</b>	Moderate to severe/ Moderately close to distant	Bent over a chair or desk	Moderate to slow; light to medium, with a few heavy
<b>LEATHER STRAP</b>	Moderate to severe/ Close to distant	Bent over; lying down, target propped by pillows	Slow and deliberate; light to medium
<b>SWITCH</b>	Moderate to severe/ Close to distant	Bent over a chair or desk	Slow; light to medium (be careful)
<b>CANE</b>	Potentially severe/ Moderately distant	Bent over a chair or desk	Slow; medium to heavy (be careful)
<b>BIRCH</b>	Potentially severe/ Close to distant	Bent over a chair or desk	Slow; medium to heavy (be careful)
<b>WHIP</b>	Potentially severe/ Distant	Tied to a whipping post; spread eagled; bent over	Slow; light to medium (be careful)
<b>CAT</b>	Potentially severe/ Distant	Tied to a whipping post; spread eagled; bent over	Slow; light to heavy (be careful)

<b>INSTRUMENT</b>	<b>TIPS FOR USE</b>	<b>SUITABLE FANTASIES</b>	<b>COMMENTS</b>
<b>HAND</b>	Instantaneous punishment for childish crimes	Nursemaid, Governess, Queen	The classic. Painful but intimate
<b>HAIRBRUSH</b>	Reduces culprit to childish status; cures disrespect	Nursemaid, Governess, Queen	Simple, old-fashioned, but effective
<b>WOODEN SPOON</b>	On-the-spot correction of domestic mischief	Nursemaid, Governess	Charmingly domestic
<b>PADDLE</b>	Spreads pain over broad area	Governess, Queen, Amazon, Goddess	Wooden paddle best for schoolboys; leather is for slaves
<b>LEATHER STRAP</b>	Give 6 to 12 after paddling or spanking	Governess, Queen, Amazon, Goddess	The broader the strap, the less focused the pain
<b>SWITCH</b>	Culprit should choose and cut own switch	Governess, Queen, Amazon, Goddess	Ideal for Southern bad boys and outdoor discipline
<b>CANE</b>	Counted strokes, 6 to 12 only	Governess, Queen, Amazon, Goddess	Classic schoolboy fantasy but painful enough for slaves
<b>BIRCH</b>	Counted strokes, 6 to 12 only	Queen, Amazon, Goddess	Fresh or pickled, it stings like nothing else
<b>WHIP</b>	Counted strokes, 6 to 12 only. For severe punishment only	Queen, Amazon, Goddess	Riding crop most practical form; use carefully!
<b>CAT</b>	Counted strokes. Watch how ends bite in.	Queen, Amazon, Goddess	Miniature version ideal for cock and ball punishment

The culprit may be held over the knee, over the lap, or under the Mistress's arm, with the Mistress standing. Keep one hand firmly on the submissive's back, holding him down, while you belabor him with the other. One or both the lad's legs may be clamped between your knees to prevent escape. You may be seated on a straight chair or, to help spread the submissive's weight, on the edge of a bed, with the naughty one lying upturned over her lap. All of these positions present the nether cheeks in a way lusciously inviting to the Mistress's hand.

More than any other punishment, the pacing and weight of the hand spanking depend on the situation. What fantasy are you enacting? What crime has the naughty boy committed? How seriously should he be punished? In general, hand spankings should be paced at a moderate to quick rate; blows may be light, medium, heavy, or a variety. Spank until your submissive whimpers or cries, until he shows the deep contrition you expect, or halt the spanking when the target area is blushing brightly and move on to the hairbrush, the strap, or even the switch.

Few discipline scenes are as heartwarming as the intimate grouping of a Mistress with her submissive over her knee, getting the fan-tailing he needs and deserves. The rich color staining his nether cheeks, the flurry of smacks followed by sobs and whimpers, the stern look on her face and the shamed expression on his—all add up to a magical moment in discipline.

### **The Hairbrush**

The wooden hairbrush is one of the great traditional spanking implements. It may be purchased from specialty stores, although many bath and body shops now sell fine wooden brushes sizes ranging from the tiny (for cleansing the face) to the full-size hairbrush to lengthy monsters designed for scrubbing the back but useful lower down as well. The weight and smoothness of the

wooden back help make it effective, and its size makes it both portable and easily directed to the most sensitive portions of the buttocks. But the real mystique of the hairbrush is its Femininity. Any implement so intimately connected with Female rituals of grooming is bound to be fascinating to submissive males; its connection to Female rituals of discipline nearly drives them wild.

A hairbrush spanking uses the same positions as the hand spanking and maintains much of the sweet intimacy that adds such charm to hand spanking. Yet it can be much more severe, causing bruising if the blows are too vigorous or the punishment goes on too long. A good, thorough hairbrush spanking may consist of one hundred to two hundred moderate smacks on the nether cheeks. If you choose to use more force, twenty to fifty may be more than enough. A light hairbrush spanking may go on almost indefinitely. Remember the rule: All punishment is a balance between intensity and duration.

The hairbrush is best suited to moderate and severe punishments, because the hard wooden surface allows you to continue smacking long after your hand would have tired. You may wish to save it for especially intense sessions or particularly heinous crimes, especially if you are using it on an adult infant. Schoolboys and sissy maids can take more punishment. The hairbrush is extraordinarily suitable to the sissy maid: it is one of the few implements that can be used with painful effect over a pair of ruffled panties without doing them any damage. It also plays well into the fantasy of a stern Queen punishing a clumsy or insolent servant.

## **The Wooden Spoon**

Although a minor instrument, the wooden spoon deserves at least a glance before we move on to the rigors of the paddle, the strap, and the switch. The charm of the spoon, which functions very

much like a hairbrush, is its intimacy, its sweet spontaneity, and its domestic nature. It is an implement seized in the heat of the moment to be used upon a miscreant with no loss of time.

The culprit may be standing, pulled roughly over the Mistress's knee, or tucked under her arm, and the spoon should be used with great speed and energy.

A wooden spoon may be applied with vigor without producing serious harm because it is relatively light in weight. It is most suitable for Nursemaid and Governess fantasies.

### **The Paddle**

The heavy paddle of schooldays still has its uses in adult life. It may give a moderate to severe spanking, either in the relative intimacy of Queen and sissy maid or the remoteness of Goddess and votary. The familiar wooden paddle (appropriate for use by Governesses and sometimes Queens) is widely available through specialty stores and, in some unenlightened states, teacher supply stores. It may also be purchased quite cheaply as a souvenir from various tourist destinations, often emblazoned with one of several embarrassing sayings. The leather paddle (more suitable to sterner Queens, Amazons, and Goddesses) is always on display at specialty stores and can be mail-ordered.

Whether the Disciplinarienne is a Governess or a Goddess, she forces her submissive into the same humiliating position to accept this punishment. She bends him over the back of a chair, with the edge coming just at the level of his hip joints, so his fundament is best displayed. If necessary or desirable, he could be standing on tiptoe. Or she may bend him in a similar pose over a desk. Either position tightens the buttocks and makes each smack more painful. Naturally, the naughty male's buttocks should be

bared for this punishment. You should see precisely what color your paddle is lending those nether cheeks.

You should start a paddling using a moderate pace and a light-to-medium stinging stroke. As the punishment continues, you may use heavier, deeper strokes; notice as you paddle that these strokes naturally come more and more slowly. The last few blows should be quite slow and heavy, although some Mistresses prefer finishing up with a flurry of rapid, stinging smacks to bring up a fresh, bright color. A dozen smacks should be considered the minimum to bring the buttocks into a fine, well-spanked glow. More smacks may be administered as needed, of course.

## **The Strap**

The leather strap (or strop, or belt) may be a fearsome instrument, but it is exceedingly useful in the discipline of many types of submissive. No adult infant should be punished with a strap, but all other submissive males should be made aware that they are subject to this stern, traditional form of discipline.

Straps are nearly all made of leather; they vary in length, thickness, flexibility, width, and surface texture. The wider the strap, the more broadly the pain is distributed; the narrow strap is a severe instrument indeed. Long or flexible straps may be folded to provide extra spring and force to the blows. Smooth leather is faster and whippier than suede, which clings more to the punished buttocks.

Old-fashioned razor strops, which are relatively stiff and thick, provide a high degree of discipline; they may sometimes be purchased in antique stores or in specialty Victorian catalogues. Specialty stores sell a wide array of straps, from viciously narrow ones to broad, studded monsters. (Never use a studded strap for discipline. They may cause injury. Use them for decoration or

bondage only.) The tawse is a broad, thick leather strap cut into two or three fingers at the business end, giving it truly extraordinary bite. Since it was designed for the naughty bottoms of Scottish schoolgirls, any male submissive feels especially humiliated by this "Feminine" implement.

Instead of purchasing a specialty item, you may wish to begin your career as a strapping Mistress with a visit to a thrift shop, where you are likely to find leather belts of many interesting lengths, colors, and textures. Look for the braided belts so popular a few years ago; they are ideal instruments for topping up a strapping with a plain belt. Those last two or three blows with the braid really give the miscreant something to think about! However, do not discount the power of a simple leather belt. Its good effects may be viewed for days after the punishment. Remember to remove the buckle first to prevent any chance of serious injury.

The strap, properly applied, is really more severe than moderate in effect. Although an old-fashioned form of punishment suitable to grown schoolboys, naughty farm lads, and other domestic fantasies, it is severe and distant enough to be used by a Goddess. As we have already demonstrated, it comes in enough various forms to satisfy both the high-style Amazon and the simple country Schoolmarm.

The submissive to be punished may take any of a number of intriguing postures for his punishment. The classic positions described for a paddling or a hand spanking may be used, although any strapping done over the knee must be done with a doubled strap. Any bent-over position—grabbing the ankles, bent over a bathtub after a shower, gripping the far edge of a desk—is useful. However, the strap is uniquely suited to a posture that rarely works for any other implement. Bare up the naughty submissive and make him lie face-down across a bed. Prop up his buttocks with pillows underneath him, so that the target is appetizingly presented as a high mound. If the submissive is resisting punish-



ment, you may tie his hands and feet to the bedposts. Then get to work.

Give him a dozen to start with, using a deliberate pace and light to medium blows. The first few should be stingers aimed at the skin; then move on to deeper smacks, aiming always at the fleshy underbottom. That may very well be plenty of punishment; if not, add a few more until your submissive has surrendered to the punishment. Be careful of bruising and blistering.

The strap is so severe that it may be used as an extra punishment after a spanking with hand or hairbrush. In that case, you should definitely announce the number of strokes you plan to give—six, eight, or twelve—and make your submissive count them aloud as you deliver each one. Add one extra stroke for losing count, two or more for resistance. Using the strap in combination is more effective than using it alone; it adds a dreadful dimension to the threat of a spanking, since the submissive knows if he doesn't take it well, resists, or tries to cover the target area with his hands, you will not hesitate to bring out the strap and give him a real walloping. Using the strap alone may make him fear it less.

## **The Switch**

The switch is a pastoral implement available on almost any tree. The most popular switches are cut from birch (a special case; see below), peach (or other fruit trees), hickory, and willow. Birch switches, bundled together, make the Queen of all implements, the birch, but even a single length of birch, stripped of its twigs and leaves, makes a lasting impression on a naughty backside. Peach-tree switches have the flavor of the Old South, having been used on naughty Southern lads from colonial times even up to today. However, even a Yankee Governess may applaud their

flexibility and sternness. The hickory switch is also a traditional favorite, from its toughness and durability; it is an excellent choice for lengthy punishments. Finally, the willow switch is more like a whip than a switch. Narrow and springy, it has the same effect as a lash.

The switch may be applied by the Governess, Queen, Amazon, or Goddess, though it is most used by the Governess and Queen.

Switches must be cut on demand, as they rapidly lose their suppleness and become dry and brittle. Sending a naughty submissive outside to choose and cut his own switch is an additional and humiliating punishment. Make him cut half a dozen, so you may choose the most supple and strong from among them. You should always have at least one spare, in case the original breaks.

Position the culprit in one of the traditional bent-over postures: grabbing his ankles or supported by the back of a chair or a desk. You should stand on his left side (assuming you are right-handed; on the right if you are a lefty), so that his buttocks are in profile to you, and a heart-lifting sight they will be, so full, tight, and round, and so fair and white before the first touch of the switch. In a few moments they will be red and stinging, with long slim lines across to underscore your submissive's naughtiness. You might wish to tell him so before you begin the chastisement.

Then apply the switch, being careful to watch how the light, flexible ends bite into the further flank. With practice, you can control the whippiness of the switch, choosing to apply so that it falls all at once across the bottom, or rolling it a little so that it bites in on the near side first, then curls into the farther side. Use a slow pace and a light to medium force, mingling stingers with one or two deeper cuts. Especially if you have already prepared him with a thorough hand-spanking or hairbrushing, he will soon be jumping at the thin, intense pain of the stripes across his nether cheeks. Let the rod do the punishing; you need not back the strokes

with the full weight of your arm. Indeed, some experts advise that you use the arm only from the elbow down.

Make him count the strokes. In most cases, a dozen moderate stripes will do, especially if the bottom has already been warmed by a good spanking. In severe cases you may give up to two dozen strokes.

The rural charm of the switch may be best displayed on picnics. In a secluded grove on private property, have your submissive cut a selection of switches from various trees. The process of testing them on his bare bottom would be sufficiently exhilarating indoors, but to do so in the fresh outdoor air is especially exciting.

## **The Cane**

The cane is superficially similar to the switch; indeed, both are narrow, flexible wooden rods, and the same positions are used for both. But if the switch is a delightfully pastoral, American instrument, suitable for spontaneous use *alfresco* as well as school-room situations, the cane is the most English implement available, with all the formal ceremony that that description entails. The switch is available wherever a tree grows, but the cane must be purchased from a specialty shop. The best canes are flexible rattan or malacca and two to three feet in length. The longer canes are considerably less easy to control; they tend to cut in, wrapping round the hips in an undesirable fashion, causing a kind of pain that is not in the least erotic.

The essence of good caning is control: placing the strokes in precise parallel lines on the fleshy underbottom. Random strokes lessen the effect. Practice using the cane on a pillow or sofa until you have it under control.

Because of the severity and intensity of the cane, the ritual that leads up to its use is especially important. You can only give your submissive six to twelve strokes, so each must carry a great deal of meaning. Furthermore, the pain is so great that only a well-prepared submissive can bear it. The Governess most often uses the cane in situations of repeated disobedience; although the Queen, the Amazon, and Goddess may sometimes use it, it is essentially a British schoolroom fantasy.

Position the culprit in one of the traditional bent-over postures: grabbing his ankles or supported by the back of a chair or a desk. You should stand on his left side (assuming you are right-handed; on the right if you are a lefty), so that his buttocks are in profile to you. Warn him that he must keep his bottom open and relaxed for every stroke. He must take this punishment like a man, with no begging or pleading. Announce the number of strokes you intend to apply: four or six for ordinary offenses, with perhaps one extra if he loses count and another extra for clenching the buttocks.

Then apply the cane, leaving thirty to sixty seconds between counted strokes. Use a light to medium force, mingling stingers with one or two deeper cuts. Let the rod do the punishing; you need not back the strokes with the full weight of your arm. Indeed, some experts advise that you use the arm only from the elbow down.

Make him count the strokes. In most cases, four to six moderate stripes will do, especially if the bottom has already been prepared by a good spanking. In severe cases you may give up to one dozen strokes, maximum.

Afterward, you may expect to see red or purplish bruises on the buttocks, following the line of your strokes. Quite literally, the gentleman may not sit down comfortably for a week. If you prefer not to punish him so harshly, you may give the flavor of a caning by using very light strokes following all the ritual outlined

here, with perhaps a single moderate stroke at the end of the punishment. Even a mild caning is an experience to remember.

## **The Birch**

The birch is the Queen of rods: a long, slim bundle of fresh or pickled birch, tied artistically with ribbons, and applied to a bare and blushing bottom. Its severity may be gauged by the fact that it was deemed too cruel an instrument in British schools, and therefore was replaced by the cane! A birch may be purchased through specialty shops or made up at home.

If you cut your own birch, choose half a dozen branches of two to three feet in length. Strip off the leaves and any dead, brittle twigs, leaving the main stem and all the smaller twigs. The branches will curve in one direction or other; arrange the bundle so that all curve inward, and trim the handle end so that all rods are of the same length. You may wrap the ends with florist's wire or electrical tape (which I prefer for its smoothness, elasticity, and superior coverage) to make a six- to eight-inch handle. Cover the wrappings well with cross-tied ribbons; classically, only one color was used, but I like a two-toned effect, crossing pink with lavender or pale blue with pale yellow.

The birch offers broader coverage than the cane, but produces an intense sting like no other implement. Six to twelve strokes are the absolute maximum allowable. Because of the severity and intensity of the birch, the ritual that leads up to its use is especially important. The Governess, the Queen, the Amazon, and the Goddess may all use the birch, but it, like the cane, is at heart a British schoolroom fantasy.

Position the culprit in one of the traditional bent-over postures: grabbing his ankles or supported by the back of a chair or a desk. You should stand on his left side (assuming you are right-

handed; on the right if you are a lefty), so that his buttocks are in profile to you. Warn him that he must keep his bottom open and relaxed for every stroke. He must take this punishment like a man, with no begging or pleading. Announce the number of strokes you intend to apply: four or six for ordinary offenses, with perhaps one extra if he loses count and another extra for clenching the buttocks.

Then apply the birch, swishing it in the air a few times to frighten him before you actually make contact. Leave thirty to sixty seconds between counted strokes. Use a light to medium force, mingling stingers with one or two deeper cuts. Let the rod do the punishing; you need not back the strokes with the full weight of your arm. Indeed, some experts advise that you use the arm only from the elbow down. Be especially careful about strokes that bite in. A prolonged or forceful birching may break the skin.

Make him count the strokes. In most cases, four to six moderate blows will punish him thoroughly, especially if the bottom has already been prepared by a good spanking. In severe cases you may give up to one dozen strokes, maximum.

Afterward, you may expect to see many fine, thin red or purplish bruises on the buttocks. Quite literally, the gentleman may not sit down comfortably for a week. If you prefer not to punish him so harshly, you may give the flavor of a birching by using very light strokes following all the ritual outlined here, with perhaps a single moderate stroke at the end of the punishment. Even a mild birching is an experience to remember. A severe one is too much for most submissives to bear.

## **The Whip and the Cat**

The whip and the cat are really too dangerous to be used with full force. Although the riding crop, a short, thick whip, may be used like a cane, the bullwhip made famous by Indiana Jones is more a

prop than anything else. People can die from serious whippings, and even a lightly flicked lash (desperately difficult to direct, especially in ordinary-sized rooms) may break the skin or damage sensitive organs, like the eyes. So be extraordinarily careful using these largely symbolic implements!

The cat-o'-nine-tails is a bundle of leather lashes gathered and held together by a handle. It may be used like a birch, with less force. The miniature version, only a foot or so long, may be lightly and playfully flicked over the penis and balls during cock torture. Never strike this area using anything but the lightest force! Think love pat, not smack or lash.

If you are a Queen, Amazon, or Goddess, you may decide that the symbolic importance of the whip (in the form of the riding crop) and the cat is so great that you must use them. If you do, follow the rules carefully. The crop should be administered with the same precautions as the cane; the birch should be the model for the use of the cat.

Positions are the same as these traditional instruments, but there are two additional ways in which to pose your submissive. You may tie him to a whipping post or doorframe, with his hands over his head (don't leave him long in this position). Or you may tie him spread-eagled to a bed. Either position emphasizes your power and his helplessness; they both also give you access to the only spots where you should direct the lash: his lower buttock cheeks and possibly, if he is muscular, the upper back and shoulders. Never strike the neck, lower back, or anywhere else! You are using an exceedingly dangerous weapon—which is both its threat and its appeal.

As with all the severest implements, you must use drama to make a brief punishment riveting and climactic. Thus the ritual of bondage becomes supremely important. Accentuate your power by telling him how helpless he is and how harshly you plan to whip him. Then apply the whip or the cat—mildly. The pain is

great enough to feel intense, and the more drama you create, the more he will believe he endured a serious whipping.

## A FEW WORDS IN CONCLUSION

The art of discipline does indeed include the actual impact of an instrument upon the taut buttocks of the male submissive. But the most important part of discipline is the drama and ritual in which you embed it. Remember, pain alone is hardly satisfying. (No male gets an erection from a toothache.) The pain should be a natural extension of your authority and power, as well as a stimulation to the deep muscles of his buttocks.



## Chapter 8

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# *The Skills of a Mistress: Bondage, Humiliation, and Other Forms of Control*

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*The Good Life is waiting for us here and now! ...  
At this very moment we have the necessary techniques,  
both material and psychological,  
to create a full and satisfying life for everyone.*  
—B. F. Skinner, *Walden Two*

Whether you are an affectionate Nursemaid or a stern Amazon, you need certain skills for the restraint and discipline of rebellious males. The arts of correction have already been set forth in exquisite detail, but chastisement is not the only—or always the best—technique for keeping a submissive in line. This chapter discusses various other methods for controlling a submissive, including coercion, bondage, chastity devices, nipple stimulation, verbal humiliation, and the enema. It concludes with a delightful passage on how to maintain control of your submissive while you are in the throes of ecstasy—a skill which, I assure you, is exceedingly useful and pleasant to exercise.

## COERCION

Physical coercion has earned a bad name in many circles, and indeed, it is not appropriate in dealing with dilatory workmen, venal politicians, stubborn children, heartless landlords, incompetent employers, lazy employees, or other annoying beings, however tempted you may be. Nevertheless, it has a place in handling the adult male submissive (and may be used to punish any of the irritating behaviors listed above, if you so desire). Coercion in this context includes all those means by which you, the Mistress, force the male into positions of humiliation, bondage, or punishment, or gain control of him when he has rebelled against your Authority. Any such rebellion must be followed by instant and severe punishment, of course.

The techniques listed here cause no permanent damage but make it difficult for the submissive to resist your will. Some are especially humiliating and childish, but that is all to the good.

**Seize him by the ear.** Holding a submissive by this sensitive spot enables the Mistress to lead him to punishment. A firm grip on the upper part of the ear is both painful and practical; it is, moreover, difficult to break such a grasp. He will march along quite willingly when you use this technique.

**Tug him by the hair.** The scalp is even more sensitive than the ear. By twining your fingers securely in his hair, you will get a good grip and be able to control his movements. If the male is much taller than you are, use this grip to bring him to his knees. Forcing a male to cross a room on his knees, traveling painfully toward deserved and severe chastisement, is quite thrilling for the Mistress.

**Bend back a finger.** A subtle yet delicious way of forcing a male to do your bidding is to seize a finger—middle and ring fingers are generally most sensitive—bend it at the large central knuckle, and squeeze. This action forces the outermost part against the hand and is surprisingly painful. Try it out on yourself to understand the technique and the sensation.

You may also bend back a finger or two, but this procedure is riskier. Do not break his finger. Fractures are unerotic.

**Grip his male member.** Glaringly unsubtle but effective. As a great government official once expressed it, "If you've got them by the balls, their hearts and minds will follow."

Methods differ depending on whether the male is in a state of sexual arousal. If he is not erect, you may seize and twist his member or even the scrotum. Grasp the sac from below, placing your fingertips just atop the testicles, and twist one-half turn. This technique, amazingly similar to the preferred way to seal bread in a plastic bag, moves the skin, making the balls bulge within a suddenly smaller sac. Under this compulsion, your slave will follow wherever you lead.

If he is erect, a solid grip on the penis enables you to lead him, or you may choose to encircle the base of the scrotum and the engorged member with your fingers. No matter what his size, you should be able to make your thumb and forefinger meet around them. Then you may deal with him as you please. The gentle pressure of a few fingers on one testicle is generally enough to make him do exactly as you say.

As always when dealing with the male genitalia, be firm but gentle. The last thing you want to do is spoil your fun for life.

**Gag him.** When he cannot utter his protests, he may become more docile. Gagging is a sensitive activity—some people cannot bear it even for a second—but can be effective. If your slave has a gag-

ging phobia, you may threaten him with it, but never actually do it. During gagging, three stomps on the floor, or another gesture, should replace the safeword. And never gag both nose and mouth at once, or when your submissive has a head cold.

The best gag is a pair of your own panties, preferably worn for at least one day, artistically stuffed into his mouth. Stockings or pantyhose are also useful. These soft gags are good for short-term gagging.

Hard gags consist of a mouthpiece, usually made of plastic, and a strap around the head to hold the mouthpiece in. (Think braces and orthodontic appliances.) They include ball gags, penis gags (in which the submissive's mouth is clamped over a fairly realistic, if short, plastic penis), bits, and other toys available through mail order and in local sex shops. The ball gag is simple; indeed, self-explanatory. The penis gag is especially humiliating to a straight male. The bit looks like a horse's bit but is made for a male's mouth; you may employ this in pony games.

**Sensory deprivation.** By controlling what your vassal sees, hears, and smells, you can control him. The original idea of corner time or sending a misbehaving child to his room was to deprive him of social contact and limit the stimulation he could get, so he might calm down and reconsider his naughty behavior. (In modern homes, where every room has its TV, video games, telephone, and stereo, the purpose is scarcely served. But that's off the point.) Nevertheless, sensory deprivation in its various forms still works to punish the naughty and tame the defiant. Using several methods together is especially effective.

The simple blindfold may consist of a sleeper's black mask, a silk scarf or tie, panties bound on with stockings, or even a leather hood (of which more anon). Make sure he cannot see through, over, or under the blindfold. Once blindfolded, the submissive male may imagine dreadful chastisements approaching him, or

even believe several Mistresses are in the room, all ready to humiliate and punish him. You may choose to tell him all about the coming punishment, or stay still and let him believe you have gone away. Unable to see, he is peculiarly vulnerable to fears of abandonment, cruelty, and public humiliation. Blindfolding is most useful in connection with various forms of bondage.

To prevent the sharp-eared slave from hearing you approach, you may fit him out with heavy ear protectors. Designed to prevent hearing loss when using noisy machinery, they are available in home centers and hardware stores, and, if your submissive ever uses power tools, you should have a pair anyway. Otherwise, good quality stereo headphones may serve as a substitute. The tiny portable type do not block sound at all.

The leather hoods always on display at sex shops may act as a combination gag, blindfold, and ear protector. Some Dominatrices, especially those who indulge in the most militaristic of Amazon fantasies, find these hoods useful and even attractive. They argue that by hiding the face completely, total freedom and therefore total release is possible. If you find them arousing, by all means enjoy them safely. I personally loathe them. By hiding the face completely, they prevent you from judging the effect of your words and actions on your willing submissive. But their use is entirely up to you.

## NIPPLE STIMULATION

Nipple stimulation deserves a section to itself because it is more than a form of coercion. It partakes of the nature of bondage (for it can be used as a form of restraint and may require various items of equipment) and of humiliation (for most males are secretly ashamed of having such a Feminine mark on their male flesh, and

even more ashamed of deriving sexual pleasure from them). It is also intensely stimulating to many males, even those who have not yet discovered their submissive nature.

**Hands, Teeth, and Household Items.** The simplest, most sensitive instruments for nipple stimulation are your fingers. Pinch, tease, twist, and rub the nipples of a male, especially one in bondage, and watch him writhe in pleasure-pain. Use your fingernails to scrape and pinch as well. You may even nibble with lips or teeth.

The next step up is the improvised clamp made from a spring-type clothespin. You may also experiment with hair clips of various types. Bobby pins may be slightly opened and then closed over the nipple. The viciously toothed clips used in salons to keep hair off your face may be too fierce for long use, but when rapidly opened and closed on the nipple create exquisite torment. You may even choose old clip earrings, especially those with screw-on posts, to decorate while stimulating.

**Nipple Clamps and Weights.** All sex-toy catalogues offer nipple clamps in a bewildering multitude of sizes and styles. Some snap on like the roach clips of old, while others screw on (and seem always to slip off). Some are toothed, others smooth. Some are joined with chains while others have hanging weights attached. And they range in price from reasonable to outrageous. All serve the same basic purpose.

**Piercing.** Never try this at home. Should you choose to pierce your submissive's nipples, go to a qualified piercer, make sure the instruments are absolutely sterile, and enjoy.

## BONDAGE

Bondage, despite Vice-President Quayle, is not to be practiced between parents and children. It is a charming art, however, when performed by a Dominatrix on her trembling slave. It may range from a firm but gentle tucking-in of the adult infant to the lengthy, savage captivity of a slave or votary undergoing an ordeal.

Bondage of any kind offers both comfort and unease. The comfort derives from the physical sensation of compression, which is soothing and pacifying, like being tightly held. The unease should be more psychological; it derives from the sensation of restraint, of being unable to get out, move freely, and exercise his will. Thus bondage is perfect, offering the Dominatrix free access to work her will upon her helpless captive, while producing in the slave the peculiar combination of stimulation and restraint that makes submission so satisfying for a naughty male.

First, a few warnings. Never leave a slave alone while he is in bondage. Never suspend anyone by the neck, or in such a position that his weight is borne by the neck. Make sure you can instantly release your submissive (keep a pair of heavy tin snips nearby to cut the bonds, if necessary). And, if he begins to panic or uses the safeword, let him out immediately!

### Standard Bondage Equipment

The choice of appropriate bondage equipment is a delicate one. Since it may also entail considerable expense, you should think through your fantasy (not to mention your slave's) before spending \$359 on nonreturnable equipment you'll never use.

Submissives with Amazon or Goddess fantasies often prefer the studded black-leather gear widely available. It has an appropriately sinister, remote, and stylish feel, and it comes in an astonishing array of choices. Nevertheless, the three domestic fantasies—the Nursemaid, Governess, and Queen fantasies—really demand a different type of equipment. Ropes, straps, and dog collars are more appropriate and erotic for them. Even in fantasy, nobody handcuffs a baby. Almost everyone enjoys what I have called Victorian bondage: hobbles, corsets, and the backboard; these are discussed in a later section.

Adult infants need the simplest bondage, if any: tight sheets holding them tucked in bed; perhaps a strap to hold them down to a “changing table” while they undergo an enema or have their diapers changed. An adult schoolboy might need to be strapped down hand and foot to receive a particularly severe punishment. The sissy maid could lean either way, depending on individual taste. He may require more extensive bondage, even dungeon-type bondage, but he may not be attracted by the black-and-silver glitter of traditional gear.

**Soft Bondage: Scarves and Neckties.** Most bondage enthusiasts begin with soft bondage, tying up the submissive with scarves or neckties. This method seems comfortable and simple and has the advantage of being inexpensive, as long as you already own a brass bed or wooden four-poster. Yet the technique has certain disadvantages beyond the obvious one of permanently creased silk scarves. Depending on the cloth used, knots may slip out entirely, cutting off the scene, or tighten unexpectedly, cutting off his circulation. Knotting may be slow and awkward, and unknotting can be next to impossible. Do you really wish to cut your favorite Hermès scarf off your slave’s ankles?



**Choosing and Using Ropes.** Soft all-cotton ropes may be used, although they are difficult to find. (Nylon rope tends to slip.) An old, well-used clothesline may be ideal. If you desire, you may pad the ropes with soft cloth wound lightly around the joint to be tied. You will need to learn to tie some basic knots. Using the instructions in a camping guide or macrame handbook, practice until you can tie and untie the knots blindfolded. You must be quick and deft; few things are less erotic than a Mistress struggling with ropes while her bored and impatient submissive sighs with frustration.

**Straps, Collars, and Belts.** While you are learning the ropes, so to speak, you may use buckled straps for bondage. The studded black-leather type are widely available at sex shops, but it is considerably less costly to buy dog or cat collars, which come in all colors, several widths, and a variety of lengths, from six inches to more than twenty. Some are too stiff to be used comfortably on human flesh, but others are slightly padded or lined with soft suede. Moreover, all have rings attached for leashes and are easily adjustable. They are rapidly attached and removed, and with a little simple modification, they can be locked. (Use one of the tiny locks sold as luggage locks; insert the shaft through one of the holes in the strap, enlarging it if necessary.) In short, they are ideal for a variety of bondage positions.

You may also use worn, soft leather or fabric belts when you need bonds with additional length. If either you or your submissive is handy with crafts, you may cut lengths of leather from a belt or a piece of leather to make lace-up manacles of precisely the right length. Use leather bootstrings for the laces, and finish with a small padlock.

Leashes of leather or metal are also useful gear. They may be fastened to a collar, to nipple clamps, to male chastity devices, or all three. They allow the Dominatrix to control her submissive

while he is relatively mobile, and show off her power in a most humiliating fashion.

**Handcuffs, Spreader Bars, and Dungeon Gear.** Given the wide variety of available dungeon gear, you should be able to tie up your slave a new way every day, as long as you can afford the leather. Among the profusion of delightful instruments of restraint, a few old favorites stand out, always available and interesting. Handcuffs should be sturdy; some cheap pairs have keys so soft that they break off in the lock, hardly a pleasant ending to even the best-planned evening of fantasy. Spreader bars are designed to attach at the ankles and keep your submissive's legs apart so you can do whatever cock torture you please. Other dungeon gear includes (but is not limited to) wrist-to-thigh restraints, straitjackets, slings, and all the dozens of varieties of harness. Browse a catalogue together to choose these specialty items, which are too numerous to list here.

### **Victorian Bondage**

Several types of restraint might appropriately be called Victorian bondage, because they derive directly from that fascinating moment in time. Corsets, hobbling, and the backboard all come under this heading, and, best of all, they may be used by a Mistress practicing virtually any fantasy.

**The Corset.** Corsets may be associated with the Mistress, but are often worn by submissives as well. Their tightness, the erect posture they produce, and their Feminizing effect could make them suitable for a naughty schoolboy (sentenced to dress as a Female for teasing a little Girl, perhaps) and for a sissy maid. An Amazon or a Goddess might humiliate her slave by forcing him into the

clothing of a Female, starting with the corset. Corsets are also widely available in dozens of styles. Choose carefully. Although they may be expensive, they are virtually indispensable for the Mistress and her submissive.

**The Hobble.** Hobbles have, as yet, received too little attention in the literature. It derives from the hobble skirt of the 1870s (revived in the early years of the twentieth century), which was so narrow at the ankles that a Lady could barely toddle. By shortening the submissive's steps, the hobble makes him feel helpless and trapped; it eliminates any chance that he could run away. At the same time, it makes his gait and carriage more Feminine, especially if he is also wearing corset and high heels. It may even impart a luscious Marilyn Monroe sway to his steps.

The simplest hobble is still the hobble skirt, available from thrift shops or made at home. However, an excellent hobble can be improvised from a 12- to 14-inch chain (available by the foot at the hardware store) attached to leather ankle fetters. Never allow your submissive to climb stairs in a hobble.

**The Backboard.** The backboard, too, is a truly Victorian accessory, historically used to correct the posture of generations of school girls. It consisted of a padded wooden board with straps at shoulders and waist to hold the back rigidly erect and prevent the shoulders from drooping. The early Peter Weir film "Picnic at Hanging Rock" (besides being a good movie) has a backboard scene; you may wish to rent the film and examine the appliance.

Unfortunately, I have never seen one offered in the catalogues, but if you and your submissive are handy, you may make one. Cut a piece of plywood to the length of your submissive's torso from shoulders to the tops of the thighs, slightly wider than the shoulders at the top and narrowing to the width of the hips. Pad it well with firm foam rubber and cover with a soft, absorbent

material; velvet is best, but a good grade of terrycloth will do. Attach narrow vertical straps at the shoulders to hold the arm firmly to the backboard. Horizontal straps may run across the chest (just under the breasts) and at the waist and hips. You may indulge your imagination with decorations, ribbons, locks, and so forth, depending on whether you are training an adult infant to stand up straight or punishing a careless slave.

## **Bondage Positions**

Many additional uses and techniques of bondage are given in the individual fantasy chapters, but the six basic positions are explained here. Whether your submissive is lying, standing, bending, sitting, kneeling, or walking, you can have the satisfaction of keeping him in bondage. Wonderful, isn't it?

**Lying.** The simplest bondage position is lying down, face-up, tied to a four-poster or a brass bed. In this position, with his legs spread and his arms immobile, you may Queen him, as explained later in this chapter; torment his nipples or his genitals; or indulge yourself with mockery at his helplessness. You may prop up his buttocks with pillows to gain better access to his anus and balls.

**Standing.** Ideally done in a doorway equipped with discreet eyebolts, this position presents you with many exciting possibilities. Hands overhead may be an uncomfortable position to maintain for long periods of time, but you may fasten his manacles to the eyebolts with enough slack so he can keep his circulation good. You can discipline him with paddle, crop, or birch; you may wish to tease his nipples, stimulate his anus, or mock him. A slave tied to the showerhead in a tub or shower may be disciplined or in-

dulged with water sports. The Dominatrix may also tie her slave standing to a whipping post.

**Bending.** Combining standing and lying, this is absolutely the best position for discipline, as it presents the target area enticingly. The tightened skin even adds to the stimulation, making every blow more intense. You may tie your submissive over the arm of a chair or sofa, with his arms well stretched forward, or across a desk. Consider fastening the ankles as well to prevent kicking. You may also stimulate the anus in this position.

**Sitting.** A rare position, mostly useful for adult babies strapped into a feeding chair by means of a long strap around his waist and the seat.

**Kneeling.** Mostly useful for sissy maids and the slaves of Amazons and Goddesses. The ankles or knees could be fastened together. The wrists may be fastened behind the back or behind the back of the neck (a position that cannot generally be tolerated long). The Mistress may stand over the kneeling submissive for oral servitude, or force him to confess various fantasies and crimes.

**Walking.** Walking bondage may seem like a contradiction in terms, but it is actually very commonly used. A slave in a hobble and/or a corset may be free to walk and serve his Mistress, but he is also in bondage. One of the reasons for male chastity devices is to allow walking bondage. With a mobile yet bound vassal, the Mistress may enjoy all the privileges of being served, while maintaining a tight rein on her possession. The leash may be used to limit his freedom to a specific distance.

## Male Chastity Devices

Like all bondage equipment, these range from the simple (straps and cock rings) to the elaborate (custom-made "permanent" chastity devices). The aim of all is to restrict the penis. Wearing some, the submissive may not even have an erection; others allow erection but make masturbation impossible. Still others are vibrating cock rings, designed to allow the Mistress total control of her slave's sensations and even his orgasm.

Every Mistress, whatever her specialty, may find a use for these devices. It is just as important to keep Baby's mind pure and his flesh unpolluted as it is to control a wayward votary of the Goddess. Indeed, several of the more popular designs are based on Victorian originals, designed to prevent prisoners and children from the horrors of self-abuse.

All male chastity devices work on the basic principle that the Mistress who controls a male's penis controls him; not just his sexual satisfaction, but his thoughts, fantasies, will, actions, and emotions. The longer a vassal wears the badge of his servitude around his member, the more deeply submissive and obedient he will be. Therefore, the first treatment for a rebellious slave is affixing a chastity device to the root of his problems. The results are little short of miraculous: new gentleness, obedience, and humility in even the most recalcitrant males.

However, chastity devices are not a panacea. They may help you gain command of an unruly male, but your own Authority must maintain that command. Furthermore, few chastity devices can be worn full-time. Unfortunately, most are designed to be worn for not more than an hour or so, especially if your submissive is well-endowed.

**Stiff Devices.** Stiff devices are designed to be worn with a full or partial erection. They include most cock rings, ball stretchers, and harnesses. Stiff restraining devices intensify and contain the submissive's arousal. They prolong and control his erection, simultaneously tantalizing him while making any orgasm difficult, if not impossible. The longer any male is aroused, the more explosive will be his final orgasm; penis restraints not only make a male feel more submissive, they add to his pleasure when he is finally released. Many come fitted with locks, D-rings for leashes, and other security features to ensure that the naughty submissive may not remove the device himself. Few can be worn for longer than an hour.

**Soft Devices.** Soft devices are designed to prevent any erection. They generally consist of soft leather fitted to the hanging dimensions of the male (measuring him for the device is especially erotic and humiliating) or of metal strips arranged in a cage for the penis. Like stiff devices, they often feature D-rings and locking straps. The soft chastity device offers total control to the Mistress, for when a male loses his ability even to stiffen under stimulation, his spirit is halfway to being broken.

The one potential problem is that they must be fastened on when the submissive's member is in a flaccid state—hardly an easy task, as many males engorge as soon as they see the device. You may wish to force your submissive into a position of unusual pain, embarrassment, or humiliation (scrubbing toilets, for example) in order to fasten the device on him. Once attached, the device may be worn for many hours.

**Vibrating Devices.** The vibrating battery-powered cock ring controls the male in a somewhat different way. It ensures that he will have an orgasm on your command and at your will, without either of you actually touching the active member! By removing

his control over the last personal power he has, that of orgasm, you gain total command of the submissive. Suggestions for use are given in the section on Combining Power and Pleasure, below.

## PENIS PUNISHMENT

From chastity devices the natural next step is penis punishment. Few Nursemaids or Governesses will employ these techniques, but they are staples in the repertoire of the Queen, Amazon, and Goddess. Although they must be used with extreme care, these techniques are often highly effective in controlling the defiant or naughty submissive. Because the punishment is so severe, the submissive must be firmly in bondage before you proceed.

Specific techniques vary, but some suggestions follow:

- Use a small cat o' nine tails to whip the cock and balls, never using your full force.
- Scrape your fingernails up and down his shaft.
- Use tweezers to pluck out individual pubic hairs from his balls.
- Scrape a small sharp-spined curler over the glans and scrotum.
- Rub the bristles of a hairbrush or a new metal-spined pet brush over the cock and balls.
- Take a Q-Tip, wet its head, and slide it very gently into his urethra. (He must be fully, even burstingly, erect.) You may twirl it around inside, slide it up and



down so he can experience being penetrated and possessed, or simply leave it in for a few minutes. This is a very intense sensation, and you must proceed carefully, lest you damage your submissive's tender membranes. If your slave has been really naughty, you may anoint the Q-Tip with Ben-Gay or another stimulating solution and proceed as above. He will remember your treatment for quite a while!

- Drip hot candle wax over the glans. Never use sealing wax or a metallic candle; they can cause serious burns.

## VERBAL HUMILIATION

Some males need to be called naughty boys or told in no uncertain terms that they are wicked, worthless, or unmanly. Verbal humiliation, however, consists of more than just teasing. It is as delicate an art as proper birching and even more difficult to master. Before you try a scene including humiliation, talk it over with your submissive! If you inadvertently bruise his bottom, he will probably forgive you; if you mock his most sensitive feelings, you could wreck your relationship.

Verbal humiliation is most often talked of as a series of crudely expressed insults, generally aimed at the submissive's manhood and self-esteem. Some Mistresses practice this coarse form of a very fine art, mainly because a few males desire it. However, verbal humiliation can be a field of great creative potential. It may include the scolding of adult infants and schoolboys and icy directions to a sissy maid, as well as the straightforward and robust insults already mentioned. Furthermore, it can include

forced confessions, interrogations, and whispered comments on the submissive's need for punishment and even Feminization.

## THE ENEMA

Many Dominatrices will at some time or other decide to cleanse the bowels of their submissives. Proper, careful techniques for enema administration are necessary; too much water or the wrong ingredients can lead to severe consequences, including a burst colon or death. Enemas should be used rarely, as they can interfere with natural bowel function. Despite these warnings, an enema can be a very erotic experience for a submissive and his Mistress. It is worth a careful try.

### Equipment and Ingredients

Don't bother with chemical enemas of the Fleet type; the pleasure of the enema comes from the fullness of the bowel and the anal stimulation, not from cramping and elimination. Get a good rubber enema bag from a medical supply shop; it should have a rubber hose with clips to control the flow of water into the colon. The Bardex tip is inflatable so it won't pull out. Follow package instructions to the letter on sterilization and cleanliness!

Fill the bag with warm, not boiling, water, perhaps with a few soapsuds added. No harsh detergents, no weird ingredients. Never use drugs or alcohol; they can lead to bleeding and even death from poisoning. The colon is a mucus membrane and as such absorbs chemicals far more readily than skin. Trust me, a pint to a quart of plain warm water will provide a very satisfying sense of fullness. The shame and drama you evoke are more likely to obtain good results than the most exotic ingredients imaginable.

## Administration

Grease the nozzle with a lubricant and insert into the submissive's rectum. He should be lying on his side, knees drawn up. Let the water enter slowly, letting him grow used to the feeling of fullness. You may wish to set a kitchen timer and tell him he must hold in the enema until it rings in fifteen minutes. During the time he is holding in the enema, you may indulge in various other punishments and techniques, from scolding to bondage to a light spanking. You may wish to paddle his hind end before the enema is administered, depending on your scenario. You may also insert a butt plug to help him retain the water.

When it is time for him to relieve himself, most Mistresses allow the submissive to do so alone and in privacy. You should discuss this issue with him before the scene.

Afterward, you may make him stand in the corner, insert a vibrator in his anus, or go on with the scene in whatever way takes your fancy.

## HAIR REMOVAL

From the time of puberty, hair is a symbol of adulthood and sexual power. Removing your slave's pubic hair (or other body hair) shows not only that you own him but also that he is less than an adult. You may shave (using lots of lather), use bikini wax, pluck, or use chemical hair removers to denude your submissive of the hair on his balls, chest, legs, buttocks, or armpits. And yes, the removal itself should be a shared erotic experience.

I am especially partial to using a chemical hair remover slathered over the submissive's privates and held on with an adult diaper. This humiliating scenario fits well with Nursemaid fantasies, of course, but can also be used for other types. After the

regulation number of minutes has passed (check the package directions), hose him off in the shower. The hair simply falls away, leaving a smooth, humiliating bareness.

Hot wax is more painful; be careful to purchase a type approved for the bikini area. Shaving is erotic but potentially dangerous; a nick is not unlikely. Yet soaping his balls for a shave is a thrilling sensation not to be missed. You may blindfold and tie your submissive during any of the techniques; he might jump less that way.

## COMBINING POWER AND PLEASURE

How can you maintain command while you yourself are caught up in the throes of ecstasy? It may not be easy, but it is possible—and exceedingly rewarding to boot. Oral servitude, anal or vaginal, is the method of choice. But how exactly can you maintain your control over your slave while he is going down on you? That can be a tricky issue, and I have several concrete suggestions.

**1. Always refer to Cunnilingus in terms that you select.** Rendering obeisance, worshipping at your Shrine, oral servitude: these names all emphasize your Dominance and his low, groveling position. Remember the power of words. You may choose another name for the act, if you wish, but make sure it has the right connotations.

**2. Consider your position.** The classic posture, in which you lie on your back while the male serves you, may make him feel arrogant and in charge. Try Queening him. Have him lie on his back while you sit on his face. It may take some time before you learn to have an orgasm this way, but it's worth the trouble.

If you sit facing his body instead of his head, you can also engage in penis punishment, nipple pinching, and other delightful pastimes while he is serving you. Since the slave should be utterly forbidden to come (or perhaps even to become aroused) during the act of oral servitude, you can feel the proud sense of duty done whenever you tease and torment the submissive worshipping at your Shrine. Few things in a slave's or Mistress's life are as satisfying as this combined reward and punishment.

**3. Remind him of his subservience.** While he is rendering obeisance to your Shrine, talk to him. You may use verbal humiliation or simply tell him a fantasy demonstrating your total power and control. This approach is ideal for many Dommies, who revel in the chance to speak harshly to their subordinates. However, for some Mistresses this technique works well only in the earlier stages of the service; they find it difficult to maintain a fluent conversation while approaching orgasm, and I for one don't blame them.

**4. Control his every move.** If you are lying on your back, take hold of a lock of his hair. Pull on it to bring him closer and intensify the feeling, pull him away from your Shrine to make him lighten up. (You certainly don't want to come too fast.) You can give him oral commands as well, indicating whether he is to go faster or slower, softer or harder.

You may also forbid him certain acts, such as using his tongue, but if you do, you have to monitor him every minute, and be prepared to punish him instantly and memorably for any transgression. A riding crop applied to his back or buttocks is useful to indicate your displeasure.

**5. Try remote control.** A vibrating cock ring with a variable-speed control is ideal for this task. You hold onto the control, turning up the intensity of the buzz when you are pleased with him, lowering

it when you are displeased (or vice versa; just make sure he knows which is the reward and which the punishment!). Absolutely forbid him to have an orgasm, and make sure he understands the penalties of doing so without your express command. Then you can relax and enjoy a series of climaxes without worrying about losing the initiative.

Male chastity devices by their very nature keep him in check; somehow, when a man cannot attain or use an erection, he becomes a softer, humbler, more submissive creature. As stimulating as oral servitude is to the average submissive, he cannot express his arousal in any usual male-dominated way when his organ is bound. Instead, he must channel all the energy of his desire into the need to obey you. Stimulation plus frustration equals service.

These suggestions also work well for controlling your slave during anilingus, foot worship, massage, or any other personal pleasuring you choose. You should be able to attain climaxes of an extraordinary intensity and frequency, since the male cannot stop unless you order him to. Later on, his own orgasm (should you permit him one) will be intensified not only by the punishment, but also by the prolonged stimulation without release you have so kindly afforded him. If he isn't grateful, birch the little whelp.

## *Part III*

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# The Five Archetypal Fantasies

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The six chapters in this section discuss the subject of fantasy: what it is, how it works, how to understand and enjoy your submissive's fantasies and your own.

The archetypal structure given here is a useful convenience, not a Mistress's command engraved in stone. Although most submissives have a major fantasy that falls into one of the five archetypes, they also have a minor fantasy from one of the other archetypes, and may even combine elements from several of the basic fantasies. So you should read all the chapters and adapt the techniques for your male's fantasy. If your vassal is a sissy maid, for example, he may not be interested in diapering *per se*, but he will probably love the diaper-plus-Nair method of pubic hair removal recommended in that chapter.

To begin, peruse Chapter 9 and decide which fantasy archetype most appeals to you. Then read the chapter in which the archetype is explained. You will find specific information on the elements of the fantasy and specific hints on script, costume, setting, and props. I also reveal the needs of your submissive in each situation. (As you may imagine, an Amazon's slave has a very different set of needs, desires, and appropriate behaviors than a naughty schoolboy or a sissy maid!)

I then walk you, step by step, through a sample fantasy session, giving hints on what you and your submissive will be feeling and doing at each stage; how, when, and why to punish your vassal; potential problems in the scene; and how to finish the scene in grand style.

After you have found your fantasy and read up on it, browse through the other chapters, even those that least appeal to you. You may find unexpected treasures. If you are a natural Amazon, you may never have given a thought to the use of enemas, although you probably use butt plugs and other anal stimulation. Yet the instructions on careful administration of an enema can be readily adapted to your style, simply by altering the dialogue and changing the reason for using the technique (from punishing naughty thoughts to thoroughly cleansing a newly purchased slave, for example).

Having claimed your Authority and your power, you now have an abundance of ideas and techniques for exerting them. Enjoy the process. Your submissive certainly will.



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## *Chapter 9*

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# *Fantasies: Discovering His, Fulfilling Yours*

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*To know is nothing at all;  
to imagine is everything.  
—Anatole France*

The rich profusion of Female Dominance fantasies may bewilder you at first. Possibilities abound: you may be a sophisticated siren luring a young man into your trap, a gracious lady accepting the homage of a knight, or a saucy Southern belle teasing her lover. Clearly these are different fantasies, demanding different approaches.

Clearly? Perhaps not. Diverse as they seem, all of these roles could fit into the same basic framework of fantasy, just as different pictures of the same size will fit into the same frame. However, by changing emphasis, interpretation, and script, they could also express totally dissimilar fantasies—or, if you will, fit into different frames.

This chapter simplifies choosing among the infinite variety of fantasies by classifying them into five archetypes, from the affectionate yet punitive Nursemaid to the stern and remote Goddess. As a matter of good form and relative importance, the fantasies are named after the Dominatrix in charge, even though the submissive in each fantasy has a different role: infant, schoolboy, sissy maid, slave, and votary. Table 9.1 lists the basic characteristics of the five archetypal fantasies.

Certainly a fantasy may partake of several of the archetypes; a Mistress may enjoy first the service due the Queen and then the adoration that delights the Goddess. Likewise, a submissive male may yearn to be caned like a naughty schoolboy, then sentenced to an hour or two of babyhood as additional humiliation. Nevertheless, you will find that the basic categories are useful, for they are based on genuine and enduring distinctions. The ritual exchange of power is the heart of any Female Domination fantasy, and in each archetype power has a characteristic source, balance, use, expression, and significance between Mistress and submissive. Furthermore, emotional distance (an indirect indicator of power) is different in each archetype.

## CHOOSING A FANTASY

In one sense, even the most powerful Mistress does not choose a fantasy. Fantasies choose us. They appeal to us on a series of levels, from the deeply unconscious (in which the fantasy is a ritual reenactment or negation of an incident we cannot even remember—perhaps even from a past life), to the transparently superficial (liking the costumes).

As you read the next five chapters, you should have no trouble telling which roles you would like to try out. The jolt of sexual electricity should immediately tell you. You may even be tempted

to quit reading. Why grope around for something else when you've found exactly what you've always wanted?

Because something else may be even more fun for you than your first pick. Because your partner may respond better to a different version of the Dominance/submission scenario. Because variety is the spice of life.

Quit reading, if you like, and go tie up your submissive. But when the scene is over, come back and read the parts you skipped. You may find a new idea, technique, or scenario that instantly rouses all your Dominant instincts.

You could recognize elements of your submissive's fantasies in another archetype, giving you a new and delightful way to surprise him. Most submissives are touchingly grateful when a Mistress puts a new spin on the old scene. Besides, why should your vassal always have to come up with new ideas for his Domination?

Or you could, weeks or months from now, find yourself toying with an idea picked up from a different fantasy. Perhaps, while playing out your basic fantasy, you could adapt a technique from a totally different archetype of Female Dominance. An Amazon might humble her slave by caning him as a Governess would, then revert to type and shackle him to the bed so she could use him sexually. A Queen could shame her sissy maid by putting him into diapers as a Nursemaid would. Or the gentle Nursemaid might adapt the Amazon's wicked interrogation technique in order to find out what naughty little boy stole a cookie from the cookie jar.

The possibilities are endless. Don't limit your options by defining yourself too narrowly. You may be a Goddess or a Nursemaid, but first and foremost you are a Woman in charge. If you try a new technique and find it disappointing, or your submissive doesn't care for it, no harm has been done. Next time try something else.

*Table 9.1. Archetypal Fantasy Roles*

	<b>NURSEMAID</b>	<b>GOVERNESS</b>	<b>QUEEN</b>
<b>DOMINATRIX</b>	Nursemaid in charge of infant	Schoolmarm, Governess, stern Aunt or Neighbor	High-handed lady boss or Queen
<b>Pleasures</b>	Total control	Severity	Being served and obeyed; training and discipline
<b>Duties</b>	Scold, spank, toilet-train infant	Teach, train, discipline	Command and train; Feminize
<b>Fantasy Age</b>	Adult	Adult	Adult
<b>Source of Power</b>	Age, sex, "baby's" helplessness	Age and sex; role as Schoolmistress	Femaleness; superior social position
<b>SUBMISSIVE</b>	Infant in the Nursemaid's charge	Naughty student, nephew, neighbor	Sissy maid
<b>Pleasures</b>	Zero responsibility, lots of cuddling	Naughtiness and subsequent punishment	Serving stern Lady; Feminization
<b>Duties</b>	Cry, cuddle, play, wet diapers	Take it like a man	Housework, maid service
<b>Fantasy Age</b>	Infant, newborn to perhaps 5 years	Young: grade school to college age	Adult
<b>Resistance</b>	Disobeys diaper orders; tears and tantrums	Mild to stubborn; must always be punished for it	Possible before change into sissy; rare afterward
<b>EMOTIONAL DISTANCE</b>	Very close	Slight to moderate distance	Moderate distance
<b>TYPICAL PUNISHMENT</b>	Over-the-knee spanking; enemas	Birching, caning, paddling, strapping	Panty cocktail, bondage, spanking
<b>TYPICAL REWARD</b>	Cuddling, baby bottle, nursing	Consolation, pat on the head	Oral servitude, new uniform

	<b>AMAZON</b>	<b>GODDESS</b>
<b>DOMINATRIX</b>	Femmale Pirate, Dungeon Mistress, Dictator, Warrior	Embodiment of the Holy Feminine
<b>Pleasures</b>	Control and punishment of helpless captive	Absolute power, being worshipped
<b>Duties</b>	Torment, with ordeal or punishment	Accept worship
<b>Fantasy Age</b>	Adult	Eternal
<b>Source of Power</b>	Physical power, including threat of torture	Female Divinity
<b>SUBMISSIVE</b>	Captive, victim, slave	Worshipper, votary, slave
<b>Pleasures</b>	Intense punishment and total enslavement	Worshipping and serving the Goddess
<b>Duties</b>	Endure pain to prove manhood	Serve, respect, and adore
<b>Fantasy Age</b>	Adult	Adult
<b>Resistance</b>	Possibly strong; must be whipped into submission	Possible rebellion, but knows his true inferiority
<b>EMOTIONAL DISTANCE</b>	Distant	Remote
<b>TYPICAL PUNISHMENT</b>	Cock torture, whipping, bondage	Humiliation, cock torture
<b>TYPICAL REWARD</b>	Oral servitude, new badge of enslavement	Foot worship, oral servitude, other marks of notice

## THE FIVE FANTASIES

The five basic archetypes of Female Dominance are briefly explained below. The accompanying table summarizes all this information and gives additional considerations; you may wish to study it before turning to the individual chapters. You may read your favorite first and then browse through the others at your leisure. Rereading can be helpful; an idea might strike you on the third reading that you missed entirely the first and second times.

Although most fantasies fall into one of the categories, the classification is neither rigid nor mutually exclusive. Most Dominant Women also freely borrow techniques, attitudes, dialogue, and costumes from other categories. Nevertheless, the archetypes are helpful, because they express very real differences in the use and distribution of power, in the types of Dominance and submission they entail, and in the attitude to pain. Like colors, they are instantly identifiable in their pure forms, but they also take a thousand other forms by blending one with another.

### The Nursemaid

The most affectionate of all the Mistresses, the Nursemaid has charge of a submissive who pretends to be a naughty but adorable baby ranging in age from newborn to four or five years old. Sometimes the adult infant is identified as a Female baby, expressing his sense of his own helpless sweetness and need for nurture. The Nursemaid cuddles, cuddles, and disciplines the child, occasionally also attending to his health needs by administering an enema. The pleasure for the submissive lies in lots of attention and total freedom from responsibility. The pleasure for the Dominant lies in her absolute power and in the sheer fun of playing with a baby.

## The Governess

The Governess is unrelentingly stern. She teaches and disciplines a submissive whose fantasy age may range from schoolboy to college age. Of all fantasies, this one is probably least explicable to those who do not share its hypnotic charms. The arousal and the release are not provided by cuddling (as in the Nursemaid fantasy) or by more adult forms of sexual contact (as is often the case in the three following archetypes), but by the process of anticipating and experiencing physical discipline. The focus of this fantasy is almost pure punishment; there is rarely any sexual contact (unless the boy has been caught masturbating). The submissive takes his pleasure in the punishment itself and the subsequent release from guilt. The Mistress enjoys her power of inflicting the punishment and her sense of her own moral superiority.

## The Queen

This fantasy allows both partners to feel pampered and special. The Queen, served hand and foot by her sissy maid, enjoys having the housework done, her personal desires fulfilled, and every command obeyed. She may be a stern employer, a wicked secretary who turns the tables on her boss, or an aunt with advanced ideas on teaching young males respect for the Female sex. In whatever guise, she forces her submissive male to serve her and render obeisance to the Shrine of her Womanhood. She may also choose to punish him severely for any breach of decorum.

In token of his respect for Femaleness, the submissive also wears Feminine clothing, which may range from a hidden pair of sissy panties to full Feminization, up to and including padded bras and girdles, stockings, dresses, high heels, and wigs. This experience is both an honor (for the Female sex is superior) and a

deep shame to him (for all males are unworthy to dress in such garb). The sissy maid, freed from the dull conformity of masculine attire and societal roles, luxuriates in the soft textures and tender colors of Female garb, while being voluptuously punished for his forbidden desires.

### **The Amazon**

The relationship between Amazon and slave varies, depending on the scenario chosen. In some fantasies the two are almost equals; her advantage is that she has captured him and is preparing to test his mettle as a male by tormenting him in various imaginative ways. The slave may try to escape or rebel, but he is always recaptured and conquered by the Amazon's strength and intelligence. In other versions of the fantasy, the submissive is a totally crushed and obedient slave, tormented just for pleasure. In the first version, the submissive may actually dare to wrestle his Dominatrix.

In either case, the slave's respect for his Mistress is not the childlike awe of the adult infant or schoolboy or the devoted worship of the sissy maid or the Goddess's votary. It is compelled by her physical Domination of him, and it includes both respect and desire. Thus the pleasure of this fantasy lies in the testing and proving of the Mistress's authority and the slave's submission.

### **The Goddess**

The Goddess is one of the sweetest of all the Dominant roles a Woman may assume, for the Goddess is served, worshipped, and obeyed simply because she is a superior Female. In this role, the Dominatrix may demand hours of oral servitude, foot massage,



and other personal services, and reward them with perhaps a remote smile or a new type of penis punishment.

Her votary or slave often suffers punishment for various transgressions. He may also be forced to undergo ritual torments, designed to prove his devotion, but he is also willing to rub, stroke, lick, massage, and otherwise demonstrate his adoration and respect for his Lady's sacred flesh. The Goddess is, of course, immeasurably distant from her votary, and he is touchingly grateful for any mark of her notice, even if it would (under ordinary circumstances) be a humiliation rather than a reward.

## FANTASIES IN CONFLICT

Your own preferences are your best guide to what you should try next, along with any suggestions by your submissive that you care to heed. But what if your fantasies are very different?

Sometimes it helps for each partner to write down his or her ideal fantasy, along with some reasons why it appeals. A submissive who loves the sheer sensual pleasure of serving a Queen would list that as a pleasure to him. If his Dominatrix wants to act out a Nursemaid fantasy, she could make sure that her baby was wrapped in the softest, most Feminine of baby clothes. A submissive who longs for the penis punishment and sense of overwhelming physical risk of dealing with an Amazon might have problems with a Mistress whose chief interest is in being a Queen. Yet, if she emphasizes the humiliation and the danger of dressing in female clothing, and indulges him with cock torture every time he makes a minor slip in serving her, the two fantasies can work well together.

The key lies in identifying what each fantasy does for the two participants. Although I have provided a general guide to the pleasures of the fantasies, each individual will have a different

reaction. Talk over what excites you about the fantasy. What else do you feel, along with pain and pleasure and power? Often the subsidiary emotions are the most important. Some Amazons are aroused by the idea of quelling a rebellious slave; they may feel mean just whipping a helpless schoolboy. If the schoolboy agrees to be a bit more defiant, both can enjoy Governess-style sessions.

Most fantasy conflicts can be resolved with a little compromise and some adult thinking. Share, talk, love, and reveal your hearts to one another. Wait a day or two to discuss it, and talk it over like adult, equal partners, not like a Dominatrix with her slave. If a conflict comes up in the fantasy world, don't try to resolve it there. Using fantasy to avoid—or act out—conflict only makes it worse in the end.

## Chapter 10

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# *The Nursemaid: Diaper Discipline and Other Nursery Tricks*

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*Heaven lies about us in our infancy!  
Shades of the prison-house begin to close  
Upon the growing boy.  
—William Wordsworth,  
"Ode: Intimations of Immortality"*

The Mistress who enacts the Nursemaid fantasy enjoys the intoxicating sensation of complete power over her submissive. Few submissive males are as readily dominated as the adult baby. Moreover, in this fantasy the Mistress and submissive are unusually close and intimate; the emotional distance so necessary for Amazon and Goddess fantasies would be completely inappropriate here.

For the submissive, the Nursemaid fantasy is a trip back in time, to the cataclysmic era of infancy. No baby understands that things change, that what he is experiencing in this moment is not

eternal. To an infant, all sensations are overwhelming: he is totally helpless, totally loved, totally punished.

The intensity of these feelings is enhanced by his absolute irresponsibility. A baby has no duties; he cannot serve, work, plan, or decide. All he can do is feel. He luxuriates in sensations, emotional and physical, piercing, tumultuous, ecstatic. Some of these delights are, understandably, forbidden to the adult: the warm wet pleasure of soggy diapers, for example, or the bliss of drinking from a nipples bottle. If modern society permitted grown-ups such indulgences, no one would ever get any work done; we would all be occupied in counting our toes, sucking our thumbs, and keeping one hand down our diapers, exploring the various features of our hidden physiognomy. Also, there would be no one to change those diapers when they grew chilly and uncomfortable, to bring us bottles, or tuck us in at night. Only the adult infant has the pleasure of escaping from grown-up duties to become a baby again.

## THE ELEMENTS OF FANTASY

The Nursemaid fantasy is designed to make the submissive feel loved and protected, on the one hand, and thoroughly embarrassed and punished, on the other. In short, to re-create infancy in all its aspects. A careful Mistress will see to it that the script, costumes, and setting all maintain the illusion of an all-powerful, punitive, yet loving Nursemaid in charge of a helpless, punished, yet secure baby.

Boring as it is, I feel I must point out that the submissive is an infant only in fantasy. This scenario, like all others in the book, is meant solely for the amusement of consenting adults, not for imposition on helpless and innocent children. Clear?

## **The Script**

A simple script is best for this fantasy. While enacting the role of an infant, your submissive is incapable of making lengthy confessions or performing complex service. You as Nursemaid will be making all the decisions, which is common among Female Domination fantasies, but also doing all the work, which is not always true of other fantasy roles. Indeed, the question of which partner is really in charge always intrudes on these scenarios. Although the baby ends up well-punished, he is also a tiny autocrat, demanding food, attention, care, and fussing from his devoted, affectionate Nursemaid.

Specific script ideas include the classic Aunt, Nursemaid, and Babysitter scenes; they differ only in the relationship of the Dominant Female to the infant. This is one of the few fantasies in which a Mommy figure may take part; Mothers themselves are generally not erotic, though a powerful Mother figure is important to many Female Domination fantasies.

The submissive's fantasy age may range from newborn infant to three or four years old. Older children get into more trouble; younger ones require more loving attention.

## **Costumes**

Your adult baby needs many of the costumes a chronological infant finds useful. First and foremost, he should have diapers. No baby is well-dressed without them. Large-sized diapers for incontinent adults are available in any drugstore; mail-order houses offer specialty items, such as rubber or plastic pants, cloth diapers,

and adult-size baby clothing. Bibs, smocked dresses, lace caps, booties, and ankle socks may also be needed.

You may wear a nurse's white uniform, complete with white shoes and stockings, or dress as a teenage babysitter or in other women's clothing. For the Mommy of a young infant, a snap-open nursing bra is a nice touch. Exotic dress, heavy perfume, long scarlet nails, and startling makeup are as out of place here as they would be in any nursery. A sense of warm, clean, safe comfort is the goal.

### **Setting and Props**

The nursery itself may be any bedroom, but one decorated for an infant, featuring lots of pink and blue ruffles, lambs and bunnies, and a softly shaded night light is best. The baby should have toys appropriate to his age and sex; stuffed animals are a favorite, along with rattles, pacifiers and books of nursery rhymes for Mommy to read aloud. The only appropriate music is children's music, either recorded favorites or the Nursemaid's own lullabies, sung in the twilight to put baby to sleep.

Of course, no nursery would be complete without an array of baby bottles, pacifiers, baby powder, clean diapers, and a changing surface of some kind. A potty chair is also a nice touch for Nursemaids who have older charges or who give frequent enemas. Adult sizes are available from medical-supply houses; although they are forbiddingly utilitarian, they can be decorated in a nursery motif, using stencils. A small wooden chair for corner time, a wooden hairbrush to maintain discipline, and of course an enema kit are also necessary.

## THE SKILLS OF A NURSEMAID

What makes a Mistress a good Nursemaid? Genuine affection for your charge, no matter how troublesome he may be, is the first requirement. You may have to discipline his naughty bottom or teach him the value of good health with a clyster, but your firmness must be tempered by warmth and care. After all, you are doing this not for your own sake, but for his.

### Diapers

If you have ever cared for a chronological infant, you will know exactly what the adult baby wants and needs. Wearing diapers is ungainly and shameful but warm and erotic for him as well. Having the diapers changed entails not just the removal of one garment and the substitution of another, but all the ritual of washing, drying, powdering, applying ointment, and so forth. This ritual can be the focus of a great deal of erotic play. It is, in fact, the usual way for the submissive to achieve orgasm.

### Spankings and Corner Time

Nevertheless, you must maintain a strong Authority. When your submissive throws a tantrum, disobeys your diaper rules, or otherwise displeases you, you must be prepared to intervene drastically. The classic punishment for such naughty behavior is a sound spanking, in the classic over-the-knee position, using your hand or a hairbrush. Whipping, caning, strapping, and birching are not to be thought of: too severe for baby's tender skin.

The question of whether to leave diapers on or take them off is frequently debated. Although a bare-bottom spanking is classic, a soiled diaper is definitely best left on, no matter what tradition says. A wet diaper might be spanked dry, or the soggy diaper could be pulled down to expose the damp skin.

The intensity of an adult infant's spanking should vary with the situation. Ordinary naughtiness may demand a brief flurry of fairly hard spansks, but a longer spanking should start slow and build in weight and intensity. (The greater the submissive's excitement, the more pain he can take.) Confine the smacks to the plump lower portions of the nether cheeks, always remembering that the sweet spot where a spanking tingles most delectably is in the center of the lower curve. If the submissive's bottom is cushioned by diapers, you may strike harder.

You may begin with several light stingers, slapping the buttocks briskly to get the circulation going. Then add a little more force until the buttocks are rosy and the submissive is reacting with sobs or moans. Finish up with a few heavier, deeper blows, smacking well until the naughty submissive is thoroughly punished. He may stop wriggling, he may cry real tears, but he will definitely stop resisting the smacks and become contrite.

After the spanking, you may make your naughty boy stand in the corner, holding his skirts above his waist to display the well-spanked, reddened bottom. For some submissives, this position is more humiliating than the spanking itself, but it is only appropriate for an adult toddler or an older boy. Babies don't stand.

## **Enemas**

The diaper seems to lead naturally to the enema (or clyster, a pleasantly old-fashioned word for the practice). Details of safe, erotic enema administration were given in Chapter 8, but the



Queen's enema (sounds like a bad historical novel) or the purge a cruel Amazon gives her slave is very different in tone and style from the warm, affectionate nursery clyster.

To make the enema a pleasurable experience, you should decide whether the procedure is a punishment or a health measure and script the scene accordingly. If it's a punishment, what was your submissive's crime? Commonly, clysters are mandated to cure the naughty one of wetting or soiling his diapers; to cleanse him of disobedient thoughts or actions (a clean mind in a healthy body); to cure temper tantrums; to aid in toilet training; to prevent or punish masturbation; to soothe fretfulness and colic. All of these reasons may serve either the health or the punishment scenarios, but your script will differ, depending on which you choose.

The health enema should be surrounded by evidence of your solicitous concern for his well-being. Fuss over him, telling him how much good the enema will do him, how strong and healthy he will be when he has been thoroughly purged. Never remind him that it will help him grow up to be a big boy. That's the last thing he wants. Praise him for taking lots of fluid (no matter how little you are actually giving him) and promise him treats and candy for being so brave.

The punishment enema should be given in an atmosphere of mixed sorrow and anger. Instead of praise and solicitude, offer a sad little lecture on how sorry Nursesey is that she has to do this, how the fluid will swell him up and make his tummy hurt, and what dire consequences will result if he should let even the tiniest drop leak from his naughty bum. While the submissive is holding in the fluid, you may emphasize his punishment by giving him a mild to moderate spanking. The pain of the spanking, added to the unaccustomed fullness in his churning bowels and his frantic desire not to disgrace himself with an accident, may be the ultimate thrill for an adult infant.

If you have a potty chair, now is the time to seat him in it. If he persistently holds onto the enema, threaten him with a spanking, whether it was ostensibly given for punishment or health reasons. Praise and fuss over him once he has emptied his bowels, telling him that now he'll be a good (or healthy) little baby. You might even wash him up, though some Mistresses prefer to let baby wipe himself.

## THE NEEDS OF A BABY

The needs of an adult baby are not difficult to understand. He doesn't yearn to suffer through ordeals to prove his manhood. He wants to forget his manhood- with all its associated macho posturing, cut-throat competition, lies and insincerity, and adult worries- and return to the simplicity, warmth, and attention he had (or needed) in his earliest years. If you can offer him affection, attention, and some discipline, he will reward you with pleasant play and great affection.

## ENACTING THE SCENE

### Act One

The adult baby is unlikely to challenge your authority per se, although he may throw an occasional tantrum. Nevertheless, this stage is crucial in the Nursemaid fantasy, not as a test of your Rule, but as a distinctly pleasurable experience in itself. During this time, you may choose to indulge yourself and your submissive in any combination of the following activities:

- Dressing him in baby clothes
- Diapering (these first two are *de rigueur*)
- Playing with infant toys
- Playing peekaboo and other baby games
- Putting him down for a nap
- Telling bedtime stories
- Cuddling
- Using a pacifier
- Bottle feeding
- Feeding him baby food
- Nursing him at the breast
- Tying him to the crib so he won't fall or crawl out
- Toilet training

## Act Two

Sadly, even in the cozy paradise of the nursery, crime and punishment must obtrude. An adult baby may throw a tantrum, necessitating a spanking, or he may wet or soil his diapers, making the

administration of an enema a desirable punishment. You may also choose to sentence your submissive to corner time, stammered apologies, or perhaps slapped fingers.

Begin the punishment with a scolding. Pull the boy over your lap and pull up his skirts, exposing the diaper. You may wish to begin the castigation with the diaper still covering his rosy bottom, later progressing to a bare-bottom spanking. With the naughty baby over your lap, lecture him sternly, but in terms he can understand, telling him how disappointed Mommy [Auntie, Nursey] is with his behavior. Though it saddens you to be forced to spoil his day with a spanking, it would be far worse to spoil him for life by not correcting his infant wickedness. Similar techniques are useful in the administration of the clyster.

The adult baby is usually happy to break down in sobs at the threat of losing Nursey's love. He will be contrite and sweet after punishment, hoping to win back his Mistress's lost love.

### **Act Three**

Consolation for the adult infant is strikingly similar to the establishment of your authority. It may consist of cuddling, games, kisses, and so forth. However, to bring the game to a close, you should detect baby's need for a new diaper. While changing him, you may surreptitiously rub and fondle him, until he wets the diaper in a somewhat more adult manner.

## **VARIATIONS ON THE FANTASY**

You may choose to use the Nursemaid fantasy as an adjunct to a Governess or even Queen fantasy. In that case, the Nursemaid emerges as a punishment for some crime in the other fantasy. A

naughty young boy might well be punished for disobedience by a temporary relegation to nursery status. A sissy maid who is slovenly in his work or dress might be punished by taking away the maid's uniform, diapering until he wets himself, and (to make sure no more untoward accidents occur) the thorough internal cleansing of a clyster. During the time that you are conducting the fantasy, you must treat your submissive as an infant. He cannot be expected to recite lessons or provide maid service now.

## Chapter 11

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# The Governess: The Joy of Discipline

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*Management has announced  
that beatings will continue  
until morale improves.  
—sign on office wall*

The Governess is the purest of the archetypal fantasies. Its success is not dependent on elaborate scripts, fine costumes, or other paraphernalia. To be a good Governess, you must maintain authority and supply chastisement. That's it.

The charms of this fantasy are almost unexplainable to anyone not a devotee. "Why would anyone want to be spanked?" ask many confused potential Mistresses. "Doesn't it hurt?"

Yes, it hurts. But many people—not all of them submissive males—find the anticipation, performance, and aftermath of chastisement to be intensely erotic. The usual explanation is that rituals of spanking recall childhood punishments that accidentally roused the first fires of sexuality. However, many spanking lovers were never so punished in their youth. Yet *something* has created a voluptuous fascination with the details of punishment. It may be genetic; many devotees say they've been enthralled with spanking as long as they can remember.

And this is a very common fantasy, one of the most common. Plenty of Hollywood movies, romance novels, and old comic strips mention this practice (although often with a Female in the position of indignity). Clearly the subject of spanking has a sexual dimension for many people, however little they wish to admit it.

For submissive males, there are plenty of cultural references to keep them in a state of constant arousal: stories of the canings at British boarding schools, the judicial floggings that took place even in our own country (the last one was in Delaware in 1952!), and, as I polish this chapter, the Singapore caning.<sup>1</sup>

Whatever causes this fetish, it is typically almost obsessive. Nobody ever manages to quit the fantasy for long, and most spankers say, despite the pleasures of vanilla sex, that nothing else provides the same intensity of feeling that a good long punishment session creates. So if you're in love with a submissive man who wants and needs Governess-style punishment, either resolve to supply it or consider getting out of the relationship.

## THE ELEMENTS OF FANTASY

Minor variations in script, costumes, and setting may add spice to this fantasy, but the central drama is always the same. However, choosing the right implement can be vital. Read and study the detailed suggestions given in Chapter 7, making note of all the delicious variations. Then arm yourself with your chosen implement or implements, and enjoy!

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1 That style of caning—with its bloody welts and split buttocks—is hardly what the average submissive really desires for himself, despite his fantasies, but it can serve as a warning on the potential danger of the precision spanking implements. Use them with discretion and a generous dose of fantasy.

## **The Script**

The basic script is always the same: the schoolboy sins, suffers, and repents. Yet that structure need not limit your creativity in planning scripts. There are dozens of ways in which a naughty male might find himself at the mercy of an angry Female with vengeance on her mind and a whip in her hand.

To spur your imagination, I have included a number of basic scenarios in Table 11.1. The possibilities listed include the roles of Dominatrix and submissive, the male's crime, and the appropriate implements for punishment (naturally, the punishment has to suit the crime). For those whose submissives want or need a little extra humiliation. I've added some suggestions for additional penalties. You may also come up with your own scenarios, depending on your own tastes and those of your naughty schoolboy.

## **Costumes**

Some of the classic schoolboy fantasies benefit from good costumes, especially the Nurse fantasies, which are a special favorite with many submissives. However, most Governess-style fantasies don't require much in the way of costuming for Dominatrix or submissive. On the other hand, most males enjoy being disciplined by a Female wearing a skirt, a slip, or even a corset and stockings.

You may, if you wish, design a special punishment costume for your submissive male, consisting of a shamefully short baby-doll nightgown. Many schoolboys find Feminization of any kind extremely humiliating; they don't give it the honor and reverence typical of a sissy maid or a votary. You may wish to try it on your submissive.



## Setting and Props

The setting may be a spare bedroom or any other room in your house. If your submissive enjoys a full-fledged schoolboy fantasy, a desk and chalkboard are desirable. You may wish to bend your naughty submissive over the arm of a sturdy couch or chair, across a table top, or over the end of a bed for his chastisement.

As for props, none are needed for most fantasies except the basic bondage gear and of course the necessary punishment equipment. Make sure you have a sturdy wooden hairbrush, a flexible leather strap, and a good paddle. Riding crops, birches, and cats are really luxuries, although agreeable ones. The Governess fantasy is usually the least expensive to set up; the Queen is usually the most expensive, although you have to factor in the value of the maid service.

## THE SKILLS OF A GOVERNESS

The skills a Governess needs are covered in glowing detail in Chapter 7, where a multitude of exciting possibilities are presented for your entertainment and the education of your submissive. You should read and re-read that chapter, paying special attention to the types of blows and the signs that your submissive has been sufficiently punished.

But, since you will be doing a great deal of pounding of bare backsides, perhaps a warning is best placed here. Especially with the narrow, flexible implements—the cane, the riding crop, the switch, and the birch—you must be careful. Don't start out with full force. Though the blows will produce real reddening of the buttocks and even occasionally real tears, you don't want to make

*Table 11.1 Punishment Scenarios*

<b>DOMINATRIX</b>	<b>SUBMISSIVE</b>	<b>CRIME</b>
Teacher	schoolboy	lying, late homework, teasing little girls
Secretary	boss	overwork, sexual harrassment
Nurse	patient	masturbating, wetting diapers
Mother-in-law	son-in-law	making a pass at her, mistreating her Daughter
Wife	husband	flirting, not doing housework
Governess	British schoolboy	poor study habits, anughtiness
Mother	son	messiness, disobedience, masturbation, wearing her lingerie
Aunt	nephew	ditto, plus smoking
Sister	brother	ditto, plus being a tattletale
Babysitter	brat	smoking, making sexual advances, spying, disobedience

<b>DOMINATRIX</b>	<b>IMPLEMENT(S)</b>	<b>ADDITIONAL PENALTIES</b>
Teacher	paddle, strap, switch	detention, corner time, punishment writing
Secretary	ruler, his own belt	serving her as a maid
Nurse	hand	diapering and enema
Mother-in-law	hand, hairbrush, belt, switch	corner time, boot worship
Wife	any implement	serving as sissy maid
Governess	cane, birch	more whipping, Feminization
Mother	hand, hairbrush, switch, strap, paddle	Feminization, verbal humiliation
Aunt	hand, hairbrush, switch, strap, paddle	forced to masturbate
Sister	hand, hairbrush, switch, strap, paddle	ditto, plus bondage and verbal humiliation
Babysitter	hand, hairbrush, belt	ditto, plus oral servitude

weals, scars, or open wounds, at least not until you become a more experienced Domme.

Instead of trying to produce submission with raw pain, use psychology. Your submissive wants and needs the total experience of a spanking, not just the blows on the buns. And the total experience includes fear, anticipation, tension, respect for the Female, and distress at having upset her. It may also include rebellion and defiance, which you must put down with a firm hand, unless he's using the safeword. (If he is, stop the scene immediately!)

Despite the simplicity of this fantasy, you can't get away with aiming half a dozen lackadaisical smacks (or even a dozen hard ones) at your slave's bottom, while saying in a bored voice, "Bad boy needs a spanking." Summon some energy and some creativity. Make him scared to lie over your lap but far more scared to defy you, and you'll have a good scene going.

### **Additional Penalties**

Some schoolboys need additional penalties: punishment writings (think Bart Simpson, writing 1000 times on the board), servitude, corner time, etc. These depend on the crime, the scenario, and your submissive's needs. Some schoolboys like to be Feminized after a serious spanking.

### **THE NEEDS OF A SCHOOLBOY**

The punishment the schoolboy craves is physically stimulating and emotionally cleansing. In submitting to the chastisement, whether it's a brief hand spanking or a lengthy, multi-implement extravaganza, he seeks not just the rhythmic blows and reddened bottom, but a mystical sense of losing his will, his identity, and his sins in a gigantic emotional abyss.

The pain, suspense, and fear of a spanking carry him out of his ordinary life and into an almost druglike state. To reach that nirvana, he goes through a series of changing reactions. The following process may not hold true for every spanking devotee, but it seems to be accurate for most.

1. Excitement
2. Physical pain
3. Rebellion
4. Submission
5. Ultimately peace

**1. Excitement.** He feels this rising emotion, really a mingling of anxiety and sexual arousal, during the period of anticipation, when the submissive knows he will be spanked but the chastisement hasn't started yet.

As the spanking grows closer and closer, anxiety may begin to replace the arousal, and he could try to get out of the spanking. Unless he uses the safeword, go ahead and spank him, no matter what he says he wants. He's trying to test your limits, but he would be disappointed if you didn't give him the whaling he needs.

Try to extend this period as long as you can. The more aroused, excited, scared, and tense he is before the actual chastisement, the more intimidating it will seem. Since the emotional catharsis is what he needs, emotional tension is necessary to achieve it. If this concept isn't clear to you, go back and reread the chapters on establishing and asserting your authority, as well as the invaluable advice in Chapter 7.

You may extend the time with scoldings, descriptions of the dreadful whipping to come, corner time, and various preparations of the seat of the action. You could tell him that the spanking will begin in precisely fifteen minutes, and make him stand in a corner, his pants around his ankles, watching the clock. The whole time he will be anticipating the first bite of the switch into his unprotected bottom, wondering whether he will be able to bear the pain, and alternating miserably between wishing the waiting was over and hoping that the time will never pass.

Don't forget to make him fetch the implement (or implements) of his correction and to make him beg you for chastisement. Then place him in position, binding him if necessary, and delay some more. Don't start the actual punishment until he's ready to beg you for a whipping, just to end the suspense.

**2. Physical Pain.** Now that he's in a state of intense emotional arousal, you should give him a good hard spanking. The first few blows will probably break the spell with the shock of their pain. Remember, the more excited he is, the more pain you can give him, but also that the longer the punishment, the lighter the individual blows should be.

While you are spanking, keep up a running commentary on the color, heat, and probably sting of his buttocks, asking occasionally if he is sorry he was such a disobedient boy. You may add that if he hadn't committed his crime (do be specific), even now you would be having a quiet evening, he would be playing games with his friends, or whatever, instead of being so thoroughly and childishly punished. But he has asked for this whipping, and you must, however reluctantly, provide what he so clearly needs.

**3. Rebellion.** Under the combined spur of the pain and your remarks, he may rebel, putting his hands behind him to shield his bottom, trying to crawl off your lap, or otherwise showing that he

won't take the punishment one second longer. As long as he doesn't use the safeword, you must quell this rebellion. Threaten him with a redoubled punishment unless he settles down to take his medicine like a good boy. You may have to tie his hands behind his back, strap him down to a table, or otherwise bind him before you go on.

**4. Submission.** At some point he will stop struggling and accept his whipping. At this point he knows he was wrong and is willing to accept whatever chastisement you deem necessary. Start winding down the punishment now.

After the chastisement is done, make sure he kisses the instrument of correction (refusal to do so means another walloping is in order) and thanks you sincerely for punishing his naughty bottom. Then you may stand him in a corner or make him perform any of the other additional penalties.

He may still be sexually aroused, in which case you may permit him to masturbate. Or he may have ejaculated while the punishment was happening, usually a signal to end the punishment.

**5. Ultimately peace.** Having taken his punishment, the school-boy feels renewed. He has been spanked and is the better for it. Do it again next week.

## ENACTING THE SCENE

Act Two is the heart of this fantasy, but you shouldn't neglect the three-act structure and just rush into spanking. A well-planned Act One makes a spanking all the juicier, while a good Act Three rounds off the experience.

## Act One

The establishment of your authority may be very brief. You could begin by informing the lad what his crime is and what his punishment must be. Heighten suspense and anticipation by taking your time.

## Act Two

Spank him!

## Act Three

After the chastisement and any subsequent punishment, console your little darling. Show him that you love him, even though you will continue to apply your hairbrush to the seat of his problems whenever he is in need of correction. Allow him to cry in your arms or to express his contrition in other ways. Use your imagination.

## VARIATIONS ON THE FANTASY

The schoolboy may need to become an adult infant or a sissy maid after his spanking. Do please remember that his stages of correction are also applicable to the punishment of any other type of submissive. Have fun.



## Chapter 12

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# The Queen: Maid Service and Petticoat Punishment

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*If you were Queen of pleasure,  
And I were king of pain,  
We'd hunt down love together....  
—Algernon Swinburne, "A Match"*

The sissy maid happily serving his Queen, doing everything from scrubbing the floors to serving her tea to giving her hours of oral servitude, is a sight to gladden the heart of any right-thinking Dominatrix. His sweet little French maid's costume, complete with ruffled panties and multi-layered crinoline, perky cap and lacy apron, is the last word in Ladylike attire.

Although his costume may be ultra-Feminine, he is usually a male who lives a life so intensely masculine that he must make some sort of balance. He answers the need of his Feminine side by acting her out: dressing, walking, and acting like a Female; by obeying a Woman's commands; and especially by burying himself in the Shrine of Womanhood. The Chinese would say that he is soaking up Yin essence from the sacred spot. The lucky Queen

merely says that he is of all submissives the most adept and eager at oral servitude, and consequently lots of fun to play with.

For the Mistress, the pleasures are manifest: service of a type few people can afford these days (for a sissy maid will act as housekeeper, Lady's maid, scrub Woman, and sexual plaything), plus a chance to practice complex and intricately scripted Dominance. The fantasy offers an amazing range of possibilities, from gentle and affectionate service to severely punitive ordeals. And the two ends of the spectrum can both be played out in the same discipline session.

It's no accident that the Queen fantasy is placed at the center of all the fantasies, for this archetype can comprise all the others. The sissy maid may combine elements from the adult infant, the schoolboy, the slave, and the votary. And the Queen had better live up to her title and become a Mistress of all the arts of Domination, from basic bondage and discipline to commanding worship.

### THE ELEMENTS OF FANTASY

Many other fantasies can be played out with thrift-shop goodies and lots of imagination. But the best costumes, setting, and props are crucial to the success of the Queen fantasy. Your sissy maid longs for an escape from the drab, harsh male world, into the rich colors and silken textures of Femaleness. Weighed against the wonderful service he is offering you (and his undoubted loyalty, especially if you prove to be a skilled and inventive Mistress), even the high cost of a good maid's outfit, crinoline, and stockings shouldn't faze you. The script, too, should be rendered with care. A careful, painstaking maid deserves the best of all possible scripts. Otherwise, you might end up doing your housework by yourself again, and cursing every broken nail.

## The Script

Scripting the Queen fantasy depends in large part upon the needs of your sissy maid. Unfortunately, he is highly unlikely to tell you what they are. Why not? On one level, he wants only to please you. And that's what he will say, if you should try to ask him straightforwardly about his fantasy needs.

On a deeper level, however, he wants you to know by instinct just what he longs for. Somehow, asking for what he wants spoils the experience. It sullies the purity of his service for you, and makes your Dominance just one more thing he is responsible for.

Luckily, lest you go mad wondering what this man in lace and ruffles wants and needs, you have another source of information. After years of experience, I can tell you in general what he needs. Check the section on "The Needs of the Sissy Maid" for additional suggestions on how to determine any additional quirky desires.

His first need—for Feminization—is discussed at length under "The Needs of the Sissy Maid."

His second need is for you to be happy and satisfied with his service. He doesn't just want you to Dominate him, but to *want* to Dominate him. He wants a Mistress to dream incessantly of Ruling him, to create new and wonderful scenarios in which he is your plaything or slave and you are a gleefully wicked Queen.

His third need is for real Female Dominance. He doesn't want to act out his own fantasy. He wants you to take charge—and advantage—of him. If you're as softhearted as he is, this can lead to an impasse, sometimes a tragic one. Brace yourself to be the Bitch; it is actually the only thing that will please him.

Figure out what household tasks you most detest, what small personal services you most enjoy, and then fashion your script around his performance of them. Some suggestions follow:

- Hand laundry. Sissy maids love washing and rinsing out panties, slips, and stockings. They will even press them dry with an iron, although this procedure is not advised for nylon undies.
- Minor sewing and mending. Some sissy maids are adept at embroidery, knitting, or other crafts for which you can take the credit.
- Any and all housework, from scrubbing out the toilet to vacuuming the living room. No self-respecting or considerate Queen ever does housework except in an emergency.<sup>1</sup>
- Making and serving snacks, tea, or breakfast in bed. "Tea" may be a single cup or a full-fledged meal complete with cookies and lace napkin. If your friends are in on your activities, the sissy maid will gladly serve you all, incidentally showing off your fine training and his total obedience.
- Giving massages, facials, manicures, pedicures, or foot baths. (See instructions for foot baths in Chapter 14.)
- Brushing out your hair, helping you to dress, and anything else a hired Lady's maid would normally do, including polishing your shoes.

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1. Now do you want a sissy maid?

- Carefully shaving the Mistress's legs, armpits, and even pubic area, if the Queen desires. He should use a new blade, a great deal of gentleness, and lots and lots of lather.
- Acting as bath slave. By all means take advantage of this delightful fetish! Few pleasures are more voluptuous than having a devoted sissy maid soaping and rinsing you, gently drying you, rubbing your flesh with perfumed lotions, and finally indulging you with body worship and oral servitude.

And these are only a few of the many delightful services available from a well-trained sissy maid.

In return, you must offer him the Feminization he craves as well as a stern punishment or wicked ordeal to focus his sensations. Once you've chosen one or two services, you must also choose a torment to go along with it. The following suggestions may be of help:

- A session of bondage and penis punishment
- Verbal humiliation, including teasing for his sissy desires
- Intensive interrogation about your submissive's sexual history, fantasies, practices, and most humiliating experiences
- A spanking, hairbrushing, strapping, or birching for his faults as a maid

- Physical humiliation, including water sports (see Chapter 13) or making him serve as a table or hassock for your feet

Again, these are just a few suggestions for painful interludes in your script. You may also borrow any technique or practice from the other fantasies.

### **Costumes**

Good costumes are essential to the Queen fantasy. You should be dressed in a way that pleases you: Queens wear anything from leather to nylon slips. (Although baggy sweats tend to be untantalizing, for some curious reason.) The sissy maid has a passion for underclothes, and you might do well just to wear bra and panties, or a slip and stockings.

But for once your costume is less important than your submissive's. He should be clad in the best maid's uniform you can afford, complete with stockings, corset, ruffled panties, ruffled crinoline, ruffled apron, and maid's cap. I doubt sincerely that you will find anything remotely acceptable at the local thrift shop. Unless one of you can sew, you'll have to purchase the outfit. And that can run into bucks. The only consolations are that sissy maids tend to earn a lot of money, and that you can buy the outfit one piece at a time. Making each new piece a reward for good behavior can be a tantalizing process in itself. Each new piece of clothing or equipment must be accompanied by an elaborate fantasy scenario. The whole outfit could keep you in scripts for months.

You can also start out by dressing him in genuine Ladies' lingerie. Slips, panties, girdles, corsets, and bras are generally favorites. Most sissy maids prefer candy pink to all other colors, and they love lace and frills. They also love compression, so a

corset is a real necessity for him. When you hand your submissive his new lingerie and command him to put it on, his frisson of embarrassment and arousal will give you quite a thrill.

As for shoes, if his feet are reasonably sized (men's 10 or less), you should be able to find Women's high heels to fit him. The specialty houses for transvestites are outrageously expensive, but they do have sexy designs. Open-toed styles are best. If you have ever suffered in spike heels to impress some male, this is your hour of revenge. Savor it.

Try not to get chintzy clothes. Your sissy maid needs to revel in sensuality: the luxurious texture of fine fabrics, the distinctive taste and scent of your Shrine, the intense stimulation of penis punishment.

## Setting and Props

The setting and props should carry out the theme of lush, romantic sensuality. Try to furnish at least one room of your house with taste and perfection; Victorian style is best suited for this fantasy, as Colonial and modern are too severe. Buy a wicker bed tray for those maid-served breakfasts in bed. Make everything both of you see, taste, touch, hear, and smell utterly delightful to the senses. You should sink into a world of carnal voluptuousness.

## THE SKILLS OF A QUEEN

Handling a sissy maid requires you to give commands for every least action, and there's a great deal of action in the fantasy. Serving you, cleaning your house, washing your panties, all may grow dull and unenticing for the submissive unless you think ahead and keep the fantasy flowing.

Your Dominance in this fantasy is nearly total, and you'll need a repertoire of useful skills to maintain control not only of your sissy's actions but also of his thoughts and feelings.

### **Verbal Humiliation**

As we've noted before, verbal humiliation is more than just profane abuse. (That's so inelegant.) Subtle teasing and mockery is well-suited to most sissy maids, but verbal humiliation need not end with your laughing at how ridiculous he looks in drag, trying to appear Feminine when he's no more than a great, coarse male. Indeed, the best verbal humiliation may be the humiliating words he says himself. At your command, of course.

**Renaming.** I hope my attentive Readers have not forgotten all those useful suggestions in Chapters 5 and 6. You must rename your maid!

**The Forced Confession.** Do you suspect that he keeps sexual secrets, masturbates without permission, fantasizes about your friends and family, or commits other violations of your law? Try forcing a confession from your sissy maid.

This process should be done with the maid in bondage or perhaps kneeling; in some way he must be forced into a physical position that emphasizes his helplessness and your power. Then torment him physically—with punishments, discipline, nipple clamps, whatever—while you interrogate him thoroughly.

You may use a sweet, Feminine voice, or bark questions at him, depending on your personal style, but make sure you keep up the physical and psychological pressure. Soon the sissy will crack and confess his naughtiness, for which you must punish him



thoroughly. Add additional torments for forcing you to question him, instead of voluntarily confessing.

This is, incidentally, one of the best ways to discover those quirky needs that are unique to your sissy maid alone.

**The Mantra.** The mantra is your submissive's repetition, over and over, of a fact he finds almost intolerably shameful. You must dictate the wording. Again, this should take place during painful stimulation; it also works exceedingly well when you are allowing your sissy maid to have an orgasm. Some sample mantras:

- "I am Mistress Lorelei's panty slave."
- "I love Mistress Lorelei's panties."
- "I am a sissy who deserves to be whipped."
- "I want a panty cocktail. I need a panty cocktail."
- "Please torture me, Mistress Lorelei."

Feel free to make up your own mantras. Focus on whatever most intensely arouses and embarrasses your submissive.

**Scoring Systems.** No, this isn't a way for frat boys to get laid. (What kind of book do you think this is?) It's a system to classify and record all the potential merits and demerits your sissy maid could earn. Being judged is both seductive and shaming for the average sissy maid. They also tend to be perfectionists unforgiving of their own faults and flaws. If you keep score of those minor faults, weighed against his service, your sissy maid will be thrilled and blushing to hear how he's doing.

Of course, any room improperly cleaned, any service not performed to perfection, any fault of posture or failure of obedience, and you must make your maid redo the whole thing from scratch, in addition to suffering the usual penalties of discipline. Likewise, if he doesn't endure his punishments well, you should start over.

A few hints. Faults must be worth far more demerits than the submissive could ever possibly offset by serving well. Consequently, the submissive always owes you more service, deserves more punishment, and needs more training. Punishment is one way to work off demerits; service, including rendering obeisance to your Shrine, is another but slower way. He can never be allowed to get away with a positive score. Only when merits and demerits are even should he be permitted an orgasm. As harsh as this system sounds, he'll eat it up.

## **Physical Humiliation**

Physical humiliation is not limited to punishment, although you may wish to discipline your sissy maid as you would any other submissive. Certain specific practices are effective ways to reinforce his identity as a maid while rendering him acutely embarrassed. Enjoy.

**Panty Slavery.** The panty slave has a thousand and one uses for your dirty panties, the riper the better. He wears them on his head, has them stuffed in his mouth as a gag, is forced to don them himself (if your sizes are compatible), and has to masturbate into them. He may also be forced to carry them one by one in his mouth to the bathroom sink, where he must hand-wash them, rinse them, iron them dry, fold them, and put them away, before he returns for the next pair.

Although the same tasks may be done with bras, girdles, slips, or stockings, panties have the most powerful charm, for they are in direct contact with your tantalizing Shrine.

**The Panty Cocktail.** This task is so special it must be dealt with by itself. To make a panty cocktail, ball a pair of strong-scented panties in your slave's mouth. Then slowly pour warm water, possibly spiked with a little urine of yours, into his mouth. You may pour directly, although a large funnel held in his teeth can make the scene less messy. The fluid will be filtered through the panties, picking up their taste, and your submissive will swallow it. Voila, a panty cocktail!

**Furniture Imitations.** Make your sissy maid kneel on the floor and act as a small table (set a few magazines or a flower vase on him) or as a footstool. If he's not perfectly still, smack him into line with a wooden paddle, complaining about having to fix the furniture.

**Shaving Body Hair.** Already covered in Chapter 8, but do try it on your sissy maid. His hairlessness is your badge of possession.

**Maid Training.** Force your maid to curtsy twenty times in a row, to walk in high heels with a book on his head, to do any of the other thousand embarrassing things that will train him to be a useful maid. Maid training can go on indefinitely, and you may return to certain skills at intervals to polish them up.

## THE NEEDS OF A SISSY MAID

A sissy maid needs control and discipline, as do all submissives, but mostly he needs to slip into a glittering world of Feminine sensuality and passivity, where he has no responsibilities to think

and choose, only to carry out your orders, and where punishment for any infraction is swift and certain.

The dynamic of this fantasy is fascinating. It really does crop up most often in males who work in almost exclusively masculine environments (sports, high-level government, engineering and computers, huge corporations, the armed forces). Although many of these employers have had to admit a few token Women over the years, they have not admitted any Feminine characteristics at all. They remain appallingly phallocentric (and therefore lopsided and ineffective, but that's neither here nor there).

And many of their brightest, most creative and far-seeing men—men who draw their brilliance from their mix of masculine and Feminine energies—feel so strained by the distortion of their natural equilibrium that they use this fantasy to restore their balance. The sissy maid is a male who so deeply honors Femaleness that he loves—and needs—to imitate it.

However, lest you worry that your husband is going to turn into a Girl and leave you with a best friend but no man, I should inform you that virtually no sissy maids are transsexuals. A man who dares express his Feminine side so openly is a man totally secure in his masculinity. When he's not being a sissy maid, he still has that deep appreciation of sensuality and that intense desire for cunnilingus, but he'll express it in vanilla sex of breathtaking skill and passion.

### **Individual Quirks**

Your sissy maid may have needs I haven't mentioned. Perhaps he longs to incorporate some of the other fantasies into this one, or has a particular type of fantasy that he enjoys acting out. Snoop around, looking for the notebooks in which he pastes clippings, the magazines featuring his favorite type of Dominatrix, and any

other evidence of his kinky desires. You may also try interrogation techniques, forced confessions, and so on. Also, try out different scenarios. You'll never know what will hit his hot buttons.

## Feminization

To counterbalance the desert of machismo in which the poor man daily swelters, he needs to refresh himself with a turn into Femininity. The more macho his environment, the more Feminine his reaction must be. A real Woman (unless she's a beauty contestant) can relax and not be a frosting-covered sweetheart all the time, but your sissy maid is likely to go all out, for the gooeyest possible version of Femininity.

Some of the Feminizing process your sissy maid welcomes may unpleasantly remind you of the good-Girl shackles you have learned to break. Remember, although you almost certainly had to rebel against being sweet, passive, and dependent, lest you strangle on your own weakness, your submissive needs to learn these skills and qualities, lest he starve for affection and attention. You're both seeking balance, but in opposite directions.

Actually, the texts of how to be a good Girl and an obedient wife—such as Marabel Morgan's nauseating *The Total Woman* or Helen B. Andelin's *Fascinating Womanhood*—can be read with profit by your sissy maid. (I hope they're out of print. Try a used bookstore.) Personally, I love the ironies involved. My marriage has indeed been made happier by these Ladies' advice, but I'm not the one who needs to abandon my personhood and submit in a swoon of ecstatic dependence. My strong, stalwart husband (the one with the macho job and the overwhelming responsibilities) is the one refreshed by temporarily dissolving into a puddle of sweet submissiveness. I hope Marabel and Helen are pleased. I know I am.

**Feminine Clothing.** Female clothing, especially lingerie, is drenched in the magical essences of Femininity. For the sissy maid, they symbolize not only their rightful owners, but also all the freedom, all the privileges he envies in Females.

Don't get huffy! (I hear you muttering about male privilege.) Despite centuries—millennia—of oppression, Women do have some advantages. We get to cry. We are allowed to be afraid, sad, protected, dependent, and spoiled in ways that little boys are never permitted. Little Girls are allowed to wear ruffles and lace (whether they want to or not), to dab on some of Mama's perfume, to play dress-up with Mama's makeup and clothing. If they have a brother, he may watch in anger and frustration as they enter this Female world, especially if his Sisters and Mother enjoy teasing and mocking him for wanting to join them in the fun. Do all little boys want to play dress-up? At first, before they learn that it's considered a sissy thing to do.<sup>2</sup>

In short, Females don't have the terrible burden of maintaining masculinity at all times. We are freer to move in and out of sex roles. We have a wider range of expression and emotion, even before we become good Feminists and full human beings. Is it any wonder that sensitive, intelligent little boys should envy us that freedom and range? Or that the little boy mocked in the 1950s for being a sissy might become a shame-filled, curtsy-ing sissy maid in the 1990s?

For most submissives, Female dress is both a humiliation and a privilege. The sissy maid knows he doesn't deserve to wear the silken, ruffled garments of the superior sex, but he longs to

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2. There have been times in western history when men were permitted—even expected—to wear silk and lace, to powder their faces and grow their hair and don glittering jewelry. So masculinity is defined by society, not some biological ideal.

taste their magic anyway. Consequently, just dressing him in Female clothing is erotic. Naturally, a chastity device is really needed under those layers of clothing, to make him feel more Feminine still.

## ENACTING THE SCENE

Your sissy maid tends to need longer, more elaborate scenes than some submissives. Your sense of power and control, and his of submission and shame, grow deeper every minute of a well-planned session.

### Act One

Establish your authority by dressing him in garments of your choosing. You should then give him a list of commands (type-written, by preference) and set him to the task or two you've chosen as suitable for today's session. Hover nearby, criticizing his performance of duties, noting down any flaws on your scoring sheet, and threatening dire consequences for his carelessness and clumsy masculine ways.

### Act Two

Now is the time to make good on those threats. Whatever the punishment or ordeal you choose—and you may try spankings, cock torture, bondage, or water sports, in addition to the specifically Queenlike acts of panty slavery, etc.—you should make certain he knows that his inadequate efforts to be Feminine have displeased you, and that you intend to train him as a thoroughly

Feminine maid before long. He will be revealed to everyone as the sissy he is.

### **Act Three**

After such intense punishment, many submissives would long for orgasm and consolation. Your sissy maid deserves a reward, too, but oral servitude is more in line with his—and your—real needs. After proving himself so well (or suffering such wicked punishment), the sissy maid should be allowed to serve you at length. Finally you may permit him to masturbate into your panties, perhaps while chanting a mantra of his panty slavery or while answering humiliating questions.

## **VARIATIONS ON THE FANTASY**

The Queen fantasy is both domestic and savage, bridging the gap between the pleasant and tender relationship of a Nursemaid and her charge, and the remote disdain a Goddess feels for her votary. You may include scenes from any fantasy in your scenarios. Especially appropriate are the ordeals described at length in the Amazon chapter, the foot worship due a Goddess, and the diapering of an adult infant. Although some sissy maids enjoy extended schoolboy-type punishments, some do not. Remember, sissies are more aroused by shame and humiliation than straight pain. Any pain involved must be given a shameful dimension before it will stir his loins.



## Chapter 13

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# *The Amazon: The Sexuality of Challenge*

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*She was an Amazon.  
Her whole life was spent  
riding at breakneck speed  
along the wilder shores of love.  
—Lesley Blanch*

If, before opening this book, you were asked to describe your mental image of a Dominatrix, you would probably have described an Amazon: skin-tight black leather corset, liberally studded in steel and draped in chains; steeple-heeled thigh-high leather boots, perhaps equipped with spurs; carrying a whip in one long-nailed hand and a cigarette in an ivory holder in the other. You might have added other popular perceptions: that the slim, leggy Female clad in leather and steel is a tall, blonde, highly paid prostitute.

That's an Amazon, all right. *An* Amazon, not *the* Amazon.

To take the last image first, very few Mistresses are prostitutes; even the Female Dominants who are professionals never allow their clients to have sex with them. They offer a highly specialized service for which they are well paid, and they don't need to sell "plain vanilla" sex.

Then, the Amazon, amateur or professional, may be a tall, leggy blonde, or she could be a dumpy brunette or a positively Rubenesque redhead. You don't have to stand six feet tall and weigh 120 pounds to be a happy and effective Amazon. Finally, you don't have to wear enough chains to give you a dowager's hump or enough leather to reupholster a couch and chair. If this fantasy appeals to you, don't shy away from it on the grounds that you don't fit the image, you hate high heels, or you haven't got the cash to dress in leather head-to-toe.

Remember, *you* are in charge. This is Female Dominance, not Madison Avenue Dominance. You can dress as you please, look like yourself, and still enjoy your natural position of authority. Of course, many Women love the sensual look and feel and smell of fine leather. I do myself, though I prefer brown suede and a cowgirl look to the traditional image. Many Amazons enjoy wearing six-inch heels; I loathe them, but I don't expect everyone to agree with me. If a Dominatrix can't be an individual, what Woman can be?

The Amazon fantasy, probably the best-known image of the Mistress, is not limited to popular perceptions, and neither are you. This fantasy may be enhanced by the proper costumes and props, but you get to decide what these are. For there is no single Amazon fantasy, just as there is no single way to be a Queen or a Nursemaid. The Amazon is not defined by figure type but by a certain kind of power relationship between Mistress and slave.

What is that relationship? It is a contest of wills, for in this fantasy the submissive is a rebellious captive and nearly an equal to the Dominatrix. Playing an Amazon can be a wonderful experi-

ence, for it calls on all your reserves of energy, courage, fierceness, and will. Your submissive will enjoy it to, for he can keep his manhood and self-respect after being conquered by such a powerful Mistress. In fact, the more he esteems your power, the more self-respect he keeps! So respecting you is essential to his peace of mind.

## THE ELEMENTS OF FANTASY

Given the basic dynamic—between a powerful Female and a male who is not quite her equal—the Amazon fantasy can work itself out in a thousand different ways. I've included a long list of suggestions for the two characters in the section entitled "Script," but you may be able to come up with a unique twist. The setting, props, and especially costumes will depend on the fantasy roles you choose.

### The Script

The Amazon fantasy offers unparalleled opportunities to vary your scripts and make the fantasy personally satisfying. Who have you always wanted to be? What Heroine or Female Villain would you like to become? The list below is only a sample of the richness available. Let your imagination run wild!

The Mistress may be:

- A secretary turning the tables on her evil boss (as in the movie "Nine to Five")
- A Female pirate terrorizing the captain of a ship she has seized

- A pagan Ruler evaluating a prisoner of war's potential as a sexual plaything
- Catherine the Great of Russia doing ditto
- A cowgirl roping an obnoxious male colleague and taking him down a peg
- An Indian Princess taking revenge on an exploitive white settler
- A Female Revolutionary tormenting her male hostage (naturally, he's a spoiled member of the corrupt ruling party)
- A Nurse handling an obstreperous patient
- A Warrior Queen grilling a captive spy
- A Space Alien testing human male sexual response
- A Courtesan (in any time period from Ancient Greece to today) teaching an inconsiderate lover the proper way to treat Females
- A Wife punishing a neglectful or unfaithful husband
- A Tenant instructing a landlord on the negative consequences of sexual harassment and no heat
- A Sister teaching her brother not to be a Peeping Tom (can also be done as cousins, neighbors, schoolfellows)

- A superHeroine battling a strangely attractive evildoer
- A Female Knight persuading fellow-soldier not to reveal her gender (may also work with wars in other times)
- An Abbess tormenting a wicked monk
- A Female Warden guarding a prisoner
- A Witch interrogating a judge who persecutes Witches
- A Sultana punishing the male who has dared to invade her harem
- A Victorian belle teaching a would-be seducer to respect Ladies
- A Lady Wrestler proving her superiority over her male rival
- A leather-clad Dominatrix, complete with studs and chains and spike-heeled boots, teasing and tormenting her love slave
- An Author getting revenge on an editor, reviewer, or plagiarist<sup>1</sup>

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<sup>1</sup> I realize that this may not be a universal fantasy among readers, but I don't know a writer who doesn't yearn to string up at least one of the above by his thumbs and spend a pleasant afternoon torturing him. Editors, publishers, and agents have exactly the same fantasies about authors.

From this partial list, you can see that the Amazon fantasy offers a wide range of roles for both Dominatrix and submissive. The only fantasy I advise against is the one in which the slave is a rapist being caught and tortured by his victim; the danger here is not that your slave might decide to commit a real rape but that you could be overwhelmed with fury, lose the sense of erotic play, and really hurt him. On the other hand, that may be just the fantasy to turn on you and your love slave. The decision is yours; after all, you're the Mistress.

## COSTUMES

Given the spectrum of possible Amazon fantasy roles, you could dress in anything from a harem outfit to an Armani suit, and your submissive's clothing range is just as broad. All I can say about costumes is that they should fit the fantasy and they needn't cost the earth. Yard sales and thrift shops offer all kinds of goodies. So do costume shops; every large city has them, and they sell or rent a wide variety of clothing. Watch for spring sales, when they clean out their old stock; you could get great clothes for very little. You can always use your imagination and whatever craft skills you possess to adapt, decorate, or create gorgeous fantasy outfits for you both.

But there is still one special segment of costuming that is significant in Female Dominance games. No, not leather.

**Shoes and Boots.** Of all the symbols of Female Dominance, spike-heeled leather shoes (or boots) are probably the single most powerfully evocative of the Feminine Regime. The high heels add to a Woman's height, slim and elongate her legs, and change her stride into a swaying, mincing amble exceedingly provocative to males. And additional details may also be seductive. Lace-up boots imply

bondage and corsets. Tight black leather, vinyl, or latex outline and enhance the curves of the leg. Furthermore, the materials themselves are connected with erotic games. Dark, shiny, clinging materials form a sort of superskin, suggesting all kinds of wicked delights within—and if genuine leather is used, the aroma alone is alluring.

Even off the Female foot, a Woman's high-heeled shoes (or boots) are instantly recognizable as fetishes or sexual icons. They are so different in shape, size, cut, and color from a male's utilitarian oxfords that they naturally evoke Femininity in its most extreme form. They become a fetish, an object that displaces a person as a focus for sexual fantasy. And like all fetish items, shoes or boots first remind the fetishist of the Female he desires, then embody or symbolize sexual excitement, and finally become arousing on their own.

Although fetishes can be developed for many items of Female attire—from the quaint Victorian passion for gloves or handkerchiefs to the modern lust for panties, slips, and corsets—shoes are virtually the only form of outerwear that has attracted much sexual attention. The reasons seem clear enough. A Woman's shoes (at least the fetish variety) are decorative, not utilitarian. (Has anyone developed an unconquerable passion for battered, mud-stained sneakers? Possibly one or two imaginative males. But most go for shiny spike-heeled pumps.)

Even the shape is inherently lascivious; seen from above, a Woman's shoe is remarkably suggestive of the Female genitalia. For centuries shoes have been recognized as a symbol for the Female Shrine. Remember the tiny, tight-fitting glass slipper in *Cinderella*?<sup>2</sup> How about the young ladies who danced all night,

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<sup>2</sup> In fact, it was a fur slipper—*vair*, not *verre*—which only emphasizes the symbolism.

wearing out their shoes, in the Hans Christian Andersen story, "The Red Shoes"?<sup>3</sup> Or the shot of the snake slithering through an open-toed shoe in *Raiders of the Lost Ark*?

Given the tantalizing possibilities of shoes and boots, the Mistress's selection of footwear can be crucial. Some Amazons—wealthy or professional—pay hundreds or thousands of dollars for custom-made, thigh-high, spike-heeled black leather boots that fit like a second skin. Other Mistresses wear less expensive vinyl boots, and still others prefer high-heeled shoes.

### Setting and Props

Having chosen a script, a costume, and some lascivious footwear, you need to consider the setting and props best suited for your fantasies.

The Amazon's most common setting is called a dungeon. You needn't live in a half-ruined Gothic castle to play Amazon games, however, or even to furnish a well-equipped dungeon. Imagination and some basic purchases can go a long way toward converting your classic fifties ranch house into the lair of a Female Pirate, the harem of an outraged Sultana, or the bedroom of Catherine the Great.<sup>4</sup> Most people seriously involved in Dominance games convert a spare bedroom or part of the basement into a playroom. Aside from the bondage gear described in Chapter 8, you should have eyebolts screwed into the walls at the level of your

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3 Even cable TV has noticed this. Check out the erotic show, "The Red Shoe Diaries," on Showtime. Videos of the shows are now available as well.

4 If you're aiming for the last, you may omit the iron cage in which she kept her wigmaker, lest he tell the court she was bald.



submissive's ankles, knees, waist, and outstretched hands, so you can chain him to the wall. A sturdy straight chair is useful for seated bondage and over-the-knee spankings. A four-poster bed is nice to have.

I could fill a book with optional equipment, but here are a few specific suggestions:

- atmospheric lighting, ranging from red spotlights to oil lamps
- a padded horse for whippings, canings, and birchings
- a set of homemade stocks
- a long, low couch or bench
- a massage table or a gym-style slantboard
- a sling (attached to sturdy joists only; you don't want the ceiling to come down!)

Although this equipment can be fun, allowing you to play out many fantasies and perform various types of bondage and discipline, it's also unnecessary. You would do better to start simply, with the basic suggestions, and save the more athletic and expensive equipment for later, when you're sure what you will need and want. A basement crammed with costly black leather is no substitute for a vivid imagination and a lively sex drive.

The same goes for props. Aside from the basic disciplinary equipment that you must have (see Chapter 8), most high-priced props are unnecessary. By all means, choose the pieces that best enhance the atmosphere you want to create. Smoky incense, along

with an exotically patterned sheet thrown over the bed, can turn any room into a harem. But for your harem fantasy, you need not buy a thousand-dollar carpet, a six-foot brass water pipe, and an eighteenth-century divan.

Although authentic props are fun, they can also be expensive. Watch for thrift-shop goodies that can be adapted to several different fantasies. If you have one or two favorite fantasies that you play out often, you can collect specific props that seem appropriate. And, in fact, many Mistresses possess no more props than the basic bondage and discipline equipment.

## THE SKILLS OF AN AMAZON

Perhaps more than any other archetype, the Amazon uses bondage to work her will. Study Chapter 8 with care and attention. You'll need to understand how to get a male tied up and how long you may keep him in one position.

As to what to do with him while he's in your clutches, you may borrow activities from the other archetypes, or you may exploit the special power relationship of the Amazon and her slave. These may be expressed in the specific set of activities called water sports—which you may or may not want to perform—as well as in two kinds of discipline: punishment and ordeal.

### Water Sports

Half my Readers are probably saying "Goody!" while the rest are saying "Gross!" to the idea of playing with urine. No one will make you produce golden showers if the thought grosses you out of existence. (You are, after all, the Mistress.) If you're freaked, you may skip this section and go on to "Punishment and Ordeal."

But you may be curious or aroused by the thought of water sports, and in any case I grant you the freedom to make your own choices. Whether you play piss games or not, you have a right to know about them. Anyway, if you read the Queen chapter, you've already encountered a watered-down version of this in the panty cocktail.

Urine is a taboo substance and therefore one possessing great power to shame, thrill, excite, and subjugate your slave. It is associated in everyone's unconscious mind with those confusing days of potty training; with modesty, shyness, early sexual explorations of "down there," vaguely or specifically sexual feelings, and sometimes with pain and fear; and with issues of pleasure versus discipline, pleasing Mama versus pleasing yourself, the social order versus the individual.

That's a hell of a lot of freight for a simple bodily function to carry. And for males the act is even more specifically sexual; lacking our superior equipment, they must urinate with their sex organ, an overworked cylinder that also expresses their social and job status (haven't you heard men bragging and trying to top one another in the status game they themselves call "measuring dicks"?). Slang terms for the penis also are synonyms for an unpleasant person (prick, putz, schmuck) or an idiot (dork, dick). No wonder they enjoy water sports. It's easier to stand in a golden shower than think about the implications of having two balls and a penis that may or may not stand up when you want it to.

The first thing you need to know is that human urine is sterile or nearly so, unless you happen to have a bladder infection (see a doctor and drink lots of cranberry juice). It won't poison you or your submissive. You can drink it or splash it around without causing hairy palms, birth defects, freezer burn, or anything except possibly a little psychosomatic nausea if your slave is squeamish.

On the other hand, it is wet and sometimes aromatic, it can water-stain carpets and upholstery fabrics, and it's messy. So you might want to limit your water sports to the bathroom, an easily mopped rec room or basement, or the great outdoors. Playing on a white velvet couch is probably a bad idea.

If you plan to try out water sports, do discuss them with your submissive beforehand. He may not be turned on at all, and he does deserve a vote. If you agree to try, you should prepare yourself by drinking lots of water earlier in the day. Caffeinated beverages act as a diuretic. So does beer, but you should never combine alcohol or drugs with Dominance play.

What can you do with golden showers? You can force your slave to kneel in the tub while you stand over him and spray him with your water straight from the source. You can bind him and hold a champagne glass to his lips, brimming with your urine (or even containing just a sip of it) and force him into drinking it, either as a punishment or as an ordeal. You can make him kneel while you piss straight into his mouth or into a funnel held in his lips.

All the suggestions so far involve you providing the golden fluid, but you can also force him to wet himself, to drink his own urine, or even to wash himself in it. You may want to force him to drink a great deal of water or coffee, or you can even tell him he has PMS and make him take Midol, which is both humiliating and effective.

### **Punishment and Ordeal**

Both punishment and ordeal make use of the same repertoire of restraints, smacks, lashes, pinches, cock tortures, verbal humiliation, and physical humiliation. The difference between them is the purpose of the pain.

Although the discussion that follows offers various differences between the two activities, remember that in the real world (which includes acted-out fantasies, rather than those left as dreams), few things are pure and simple. Most punishments include a hint of the ordeal, and most ordeals also serve some of the purposes of punishments. The guidelines below are designed to help you understand how to plot and script your sessions and what specific things you can do for your own pleasure and the benefit of your submissive.

**Punishment.** Punishment exists to break a submissive male's resistance, so that he humbles himself before you in a agonizing ecstasy of submission. To that end, you use the intense stimulations of pain, humiliation, and terror to propel him beyond his workaday self—controlled, reserved, and unemotional—through the walls of conventional masculinity and into a world where he can feel and be, where he can expiate his sins and safely experience the terror he would ordinarily hide from.

In punishment, the pain is a means to an end: it helps him “burst into that silent sea” and finally, if only for an hour, *feel*. It purges his guilt—guilt he may never let himself experience in ordinary life. For punishment to be effective, you must breach his defenses. In other words, the result you desire is his total capitulation. Only then can he be free and at peace.

**Ordeal.** Ordeal is somewhat different. Using those same intense forms of stimulation—pain, humiliation, and terror—the ordeal strengthens a submissive male's defenses, makes him surer of his masculinity, and proves his worthiness. He still feels the pain and shame deeply, right down to the bone, faces them and conquers them and proves his endurance. The ordeal may be designed to prove his devotion to you or to test his manhood.

The pain of an ordeal—and there is usually considerable pain involved—is not designed to break through the slave's barriers but to test him, to show just what he can bear. For an ordeal to be effective, you must inform your submissive what torments he will be facing (a step which adds fear and suspense, but also gives a specific goal or benchmark for him to strive for) and you must make him believe that the goal is beyond the endurance of most men. Only having proved himself in a trial by fire will the slave be happy and at peace.

## THE NEEDS OF A SLAVE

In this section, I have tried to draw a distinction between submissive males who need punishment and those who need an ordeal. But remember that these are rough guidelines, that a man's needs change depending on mood and circumstance, and that the two categories most often overlap.

### The Slave Who Should Be Punished

To make a broad generalization, the submissive man who needs (or prefers) punishment has usually locked away his Feminine side almost completely. He tends to deny that he has problems of any sort, and may not be adept at discussing emotional issues. He may be uncomfortable with and deeply shamed by any form of Feminization. And he may or may not be especially pro-Feminist outside his Female Dominance fantasies.

He is most likely to enjoy the Nursemaid and Governess fantasies and the rougher end of the Amazon and Goddess fantasies, especially those practices designed to have a great deal of humiliation attached. He may clamor for intense birchings or

lengthy spankings, for water-sports, or for boot worship. He may have some secret guilt about sex that is absolved by pain and Female Dominance.

### **The Slave Who Should Be Put Through an Ordeal**

To make a broad generalization, the submissive man who needs (or prefers) ordeal is usually well in touch with his Feminine side; the problem is that, at some wordless level, he feels a bit ashamed of his own Feminine components, because none of the other guys seems to be troubled with feelings. Although in public he may seem pleasantly extroverted and one of the guys, he secretly tends toward self-doubt and introspection. With a Woman he loves he will usually be openly affectionate and emotional. He may long for Feminization, feeling it both an honor and a humiliation. He is more likely to identify himself as a Feminist outside his Female Dominance fantasies.

He is most likely to enjoy the Queen and Goddess fantasies, sometimes the Nursemaid fantasy, and the more egalitarian Amazon fantasies. He may love Feminization and is your best bet for truly lengthy and voluptuous foot worship and oral servitude, both vaginal and anal. He loves, honors, and respects the Feminine, and simply needs to have his own maleness tested—and proved—by pain.

## **ENACTING THE SCENE**

The structure of the Amazon fantasy follows the classical three-act structure with gorgeous fidelity. The only real variation is whether you choose to fill Act Two with an ordeal or with punishment. However, given the wealth of possible roles for both of you,

you could play out this fantasy twice a week for twenty years without repeating a script.

### **Act One**

The script itself naturally depends upon the fantasy character you're playing. You may wish to act out the whole scenario (from capture on), or start with a bound and helpless male. In either case, you have to let him know who you are (and who he is, incidentally), why he is under your control, what you ultimately plan to do with him, and what sufferings he is likely to undergo on his way to that denouement.

Then bind him in a helpless position and either prove that you are in charge (by demanding oral servitude, boot worship, or what you will) or proceed to the punishment or ordeal of Act Two.

### **Act Two**

Now you must apply whatever disciplinary measures seem most efficacious. If you are testing your slave through an ordeal, explain what privileges he will be allowed if he comes through the trial by fire without whimpering or moving. Also advise him on the awful penalties you will exact if he fails to endure.

If you are punishing a slave, inform him of his sins and transgressions and let him know whether you want to hear him cry out in pain. You need not inform him of the consolations in store when he has been thoroughly punished.

Whether you're inflicting punishment or designing an ordeal, you should consider bondage, verbal humiliation, and penis punishment, perhaps followed by a taste of the cat o' nine tails.



You may end up with water sports of some sort. You could also borrow the Queen's panty cocktail or the Goddess's foot worship.

Whatever you choose, choreograph it carefully, so as to keep your slave's suspense rising and his body fully stimulated.

### **Act Three**

Having endured punishment or an ordeal, your slave may need to be consoled or to demonstrate his new devotion to you. You may demand extended oral servitude (a privilege for which your slave may have suffered his ordeal), or you may allow him to reach orgasm by masturbation.

You may decide instead to have ordinary intercourse with him, especially if his ordeal was designed to test whether he was worthy to mate with you. Provided he passed the test, I see no objection to your binding him to the bed, mounting him, and providing you both with pleasure.

## **VARIATIONS ON THE FANTASY**

The Amazon fantasy may be readily adapted by bringing in elements from any of the other fantasies. As part of the punishment or ordeal, you may treat your slave as an infant, a schoolboy, or a sissy maid. You may demand the lengthy worship suitable to a Goddess.

You may also export Amazonian actions and attitudes, especially to the Queen and Goddess fantasies. If your submissive is an adult infant or a schoolboy at heart, however, he is unlikely to enjoy the heavy bondage that is so distinctively Amazonian.

## Chapter 14

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# *The Goddess: Keeping a Worshipper at Your Feet*

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*Drunk with fire, toward Heaven advancing,  
Goddess, to thy shrine we come.  
Friedrich von Schiller, "Ode to Joy"*

The Goddess fantasy can be extraordinarily satisfying to both the Dominatrix and her slave. She receives a great deal of loving touch and sexual worship; he has the pleasure of extended touching of a superior Female, as well as the acknowledgment of his own unworthiness. Pain may not even be involved, although some ritual punishment or trial by fire (not literal, of course!) may well be part of the scenario.

This fantasy also has Victorian echoes: the exalted Female, the abject male eager to touch even her glove or boot. Our ancestors understood much better than we that Femaleness itself is precious, a treasured ideal to which the male aspires.

The Goddess fantasy also offers a Dominatrix a taste of transcendent power. For many Ladies, this fantasy is merely a pleasant game, a way to receive the personal respect and tender ministra-

tions due a Goddess. They don't take the spiritual ramifications seriously, but they enjoy the exotic atmosphere and the slave's devotion.

For some Goddesses, however, the sexual rituals are an erotic way to make contact with the Triple Goddess, the ancient Maiden/Mother/Crone who ruled our hearts before the male gods of the patriarchy were ever thought of. All the Triple Goddesses (and she appears in many ancient cultures) possessed and ruled a male consort, whom she used sexually and sometimes discarded. The Triple (or Great) Goddess demands reverence toward women, respect and acceptance for sexuality, and harmony between humans and the earth they live on. As the representative of the Divine Feminine, the Mistress accepts the adoration and worship of a male votary or slave.

The Dominatrix who expresses her religious beliefs by becoming the High Priestess of the Goddess is really outside the scope of this book. Although some of my Readers may be High Priestesses seeking new ideas for their ceremonies, most Goddess worshippers already understand the basic dynamics of Female Dominance and male submission, and do not need me to explain their sacred myths!

So this chapter is written under the assumption that you are designing rituals for your own sexual pleasure and that of your male submissive. It is perfectly possible to play out a Goddess fantasy without believing in the Triple Goddess; even the psychological aspects of the fantasy, in which a male seeks to balance his life by getting in touch with the Female anima within him, are unnecessary to sexual satisfaction. All you really need to enjoy this fantasy is provided below: a basic understanding of the elements, of the dynamics of power between the Goddess and her slave, and of various interesting erotic activities that can take place.

## THE ELEMENTS OF FANTASY

The key to enacting this fantasy is worship. Don't imagine hymn-singing and lengthy sermons. "Worship" here has a specific meaning: the expression of adoration and respect by stroking, licking, and caressing the body of the Goddess.<sup>2</sup> Yet you don't wish the body worship to degenerate to mere foreplay, a means to an end. The chance to touch your feet must be sufficient privilege to thrill your submissive.

Preserving a Goddess's emotional remoteness while enjoying your slave's ministrations is an entertaining trick and can be the source of years of pleasure. Creating an appropriate script and setting is vital to maintaining the illusion that you are divine.

### The Script

The script can be simple (your slave wishes to offer you worship) or lengthy and complex (your votary desires a favor, but first must endure a lengthy ordeal to prove his worthiness or cleanse him from his transgressions). To design a script satisfying to both of you, you must balance the sensual elements of body worship with the other possibilities of verbal humiliations, physical punishment, Feminization, or whatever else is part of your ceremonies. Some slaves of the Goddess need a great deal of torment to cleanse them of sin or prove their manhood. Others prefer to spend hours massaging the feet of the Goddess, rendering obeisance to her

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<sup>2</sup> Some Readers may be amused or appalled to discover that the old form of the wedding ceremony, from the Book of Common Prayer, included the vow, "With my body I thee worship."

Female Shrine, or serving her in other ways. Consider your needs and those of your votary before you decide on the details of the script.

The script itself should be reasonably specific about such details as your identity and culture. You may choose to be a modern Goddess, so you can skip getting special costumes, settings, and props. In that case, your Femeness itself is what deserves worship, and you may dress in whatever way best enhances it.

But I think it's more amusing to be an ancient Goddess of some kind. Do a little research on the ancient Greek and Roman Goddesses<sup>2</sup> and decide whether you wish to be the sensual Aphrodite or the savage and untouched Artemis.

Or you could look further and become an incarnation of the Triple Goddess in any of a number of cultures: Egyptian, Phoenician, Irish, Nordic, or pure pagan. Would you rather dress like Cleopatra? Choose to be Isis or Astarte. Do you long to be a warrior maiden? Try being a Valkyrie. Does a medieval look appeal to you? Try one of the ancient Celtic goddesses. You could be Ceridwen, Olwen, even the human heroine Boadicea (although she's a few centuries earlier than the Middle Ages).

The point in choosing an identity is not to force you into improving your education, but to make the fantasy vivid and specific. The Egyptian style appropriate to a scene featuring Isis would be all wrong for a Valkyrie. Choose what you like, and make it live in your fantasies. And if you simply can't decide between Artemis and Astarte, well, you can be both at different times. Some of the props and costumes can be used for several different Goddesses. Just be sure you make it clear to your slave just whom he is supposed to be honoring today.

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2. An excellent source for this information is *Goddesses in Everywoman*, by Jean Shinoda Bolen, available in the psychology or New Age section of your local bookstore.

### **Costumes**

The most commonly worn Goddess costume consists of a draped Grecian gown, made at home or adapted from a nightgown. Snake bracelets, sandals, and a small cat o' nine tails complete the look. Vaguely medieval garb is also popular, as are caftans, cloaks, or, for the truly savage Goddess, short dresses made of fluttering scraps of suede or leather. In fact, whatever attire you find most impressive, erotic, and comfortable is suitable wear for the Goddess within you.

Some modern Goddesses wear the Amazonian outfit of sky-high heels and silver-studded black leather, but I myself find this puzzling. What's the point of being divine if you have to wear something uncomfortable? If you wear chains, they should be delicate and golden, not ones that look like you swiped them from the neighborhood motorcycle mama.

Your votary should dress as you dictate. A simple loincloth (or nothing at all) is most appropriate for a bath slave. Many Goddesses prefer to see their slaves garbed in no more than a collar and a cock restraint.

For certain rituals, however, Feminine garb best suits the votary. You may decree that he is forbidden to touch certain parts of your body unless he is wearing panties, for example. For his temerity in donning Female attire, you must punish him thoroughly, of course. Yes, even though you commanded him to. That's part of the fun.

### **Setting and Props**

To choose setting and props, you should first consider the total effect of your fantasy. The modern Goddess may choose a conventional dungeon setup (as described in the Amazon chapter), or

whatever other settings best suit her fantasy and occur to her imagination.

The other Goddesses must choose a setting appropriate to their personae. An outdoor scene is best suited to one of the nature Goddesses: Artemis or Demeter or the Triple Goddess. Clouds of incense, exotic music, and luxurious Oriental carpets evoke Isis and Astarte. Anything sensual and lush, especially hot baths, rich perfumes, and dim lighting, seems best for Aphrodite. Use your imagination. You don't need to spend a fortune; you can often find props and even furniture at thrift shops. Or you can adapt things you already own. Few people escaped the sixties without at least one incense burner. Bring it out and light sandalwood incense to make the worship of Isis come to life. That nostalgic scent alone should make you feel nineteen again and ready for love.

## THE SKILLS OF A GODDESS

A Goddess may call on the skills of an Amazon, a Queen, a Governess, even a Nursemaid on occasion (if she's giving a ceremonial purge). She must be able to command a slave and punish him, dress him in Feminine garb, place him in bondage, verbally humiliate him, and even put him through the intense stimulation of penis punishment.

Yet the Goddess's distinctive skill is not bondage or discipline or humiliation, useful as these are to her. It is accepting worship. More even than the Queen, so lavishly served and honored, the Goddess exists to be touched, stroked, and stimulated. Orgasm is not the only purpose. Twenty minutes of foot massage may not give either party an orgasm, but it gives both of them an intense sensual pleasure. Although extended oral servitude does

usually result in orgasm, often repeated and overwhelming climaxes, the contact is what really counts.

Your major need as a Goddess is to believe you deserve all the pleasure, all the touching, you will receive. Learn to demand it as a right. Get used to pleasure. Your Divine Femaleness is so unique and precious that your submissive will do literally anything to come in contact with it. When you realize that your Femaleness is a treasure that your slave is honored, even exalted, to be permitted to touch, then you will have the correct Goddess attitude.

Since your lowest part—in mystical terms, the part of your Holiness that actually connects with the lower world—is the foot, it is most appropriate for your submissive to approach and worship it. Moreover, the Female foot is a lovely and delicate member, exceedingly sensitive and all too often abused by uncomfortable shoes and other stresses and strains. Your votary should spend a good deal of time caring for your precious feet. You may demand foot baths, foot massage, or a combination of the two.

### **Foot Baths**

This charming custom is both soothing and sensual. Moreover, it displays your slave in a very erotic and humbling position—kneeling at your feet—and is calculated to lead to more interesting activities.

Seat yourself in a comfortable chair, with your feet extended. Command your slave to bring in the equipment for a foot bath. (He'll probably have to arrange them on a large tray, which he may set on the floor as is. The towel should hang over his arm.) The equipment consists of the following:



- A waterproof mat. A small bathroom rug will do, or even a towel, in a pinch. Or you may simply use the tray, if it is large enough.
- A basin filled with steaming, scented water. Your slave should know the exact temperature you prefer, along with whatever bath oils, herbs, salts, or pearls you enjoy. If you like a plain foot bath, thin slices of lemon floating on the water are also a nice touch.
- A sponge, washcloth, or small soft brush, if you like them.
- A bar of soap or tube of shower gel. Don't stint yourself; these should be richly scented and emollient. Bath salts (or bubble bath) and soap with matching scents are a very agreeable luxury, and not outrageously expensive. Often you can get a set with coordinating lotion and talcum powder as well. If so, you may include these accessories on the tray for after the foot bath.
- A second basin of plain hot water for rinsing. (This is an extra luxury, not a necessity.) You may choose instead a thick washcloth wrung out in hot water.
- A small plush towel for drying your feet.
- Pedicure equipment, if you so desire.

After placing the basin on the mat, your votary should kneel at your feet—in itself an erotic pose, especially if he is properly costumed. He should gently remove your shoes and stockings, if you are wearing them, and lift your feet into the water. Then, one at a time, he should gently wash, stroke, and rub each foot, using the sponge (or whatever) if that is your pleasure. Otherwise he should simply use his hands to work up a good lather, and rub them gently but firmly over each foot, drawing his fingers between your toes and taking care to rub your insteps and arches.

When your feet are lusciously clean and relaxed, the votary may rinse them in the second basin or wipe them with the hot damp washcloth. Then he should slowly and carefully dry your feet. If you wish, he may rub them with soothing lotion or talcum powder and proceed to a pedicure.

During this incredibly erotic process, you may be sitting back in your chair, relaxing. You may have candles lit, incense burning, music playing—whatever is to your taste. You may be sipping tea or nibbling grapes. The scene should stimulate all your senses and those of your slave, so that both of you are bathed in sweet eroticism.

Most important of all, you could be talking: telling your slave how obedient, privileged, or unworthy he is; retailing a fantasy adventure; talking about your Divine Femaleness; threatening future punishments; discussing the oral servitude to come; or whatever conversation strikes your fancy and fits your fantasy.

You may also, if you are a cruel Goddess, keep your votary mindful of your power by flicking him lazily with a crop or cat.

Once the feet are clean and dried, you may elect to receive a foot massage, a body massage, oral servitude, or any of a hundred other delightful services. Depending on your script, you may also proceed to punishing or rewarding your votary.

## **Variations on a Bath Theme**

After experiencing even one foot bath, you may come to the conclusion that leaving such delight only to the feet is a bad idea, and extend the range to Shrine baths, hand baths, and whole-body baths. In each case the basic technique is the same—although you use a whole bathtub, preferably a Victorian slipper tub, for the whole-body bath.

Even a shower, for those deprived of a tub, may be enlivened by the use of a bath slave. Naturally, he'll have to get in with you, but you can hog the hot water with no feeling of guilt whatsoever. A multistream showerhead on a flexible hose adds immeasurably to the delight of this act.

Some Goddesses borrow an idea from the Queen and order their votaries to shave the Mistress's legs, armpits, and even pubic area. See the Queen chapter for instructions.

## **More Games with Feet**

**Foot Worship and Massage.** Foot massage may precede, follow, or preempt the foot bath. Some votaries find the scent and feel of sweaty feet more arousing than that of clean or perfumed feet. Allow him his little eccentricities; look what pleasures you can get from this man. The foot massage may be done barefoot or over stockings. Of all the many positions in which foot massage may be done, the favorite is to have the Mistress seated in a chair, her vassal kneeling at her feet. Massage should be tender, firm, and thorough.

Foot worship—a term often used for what might better be called boot worship—is the act of kissing, caressing, licking, and sucking the feet of the Goddess. For some lucky Women, few

sexual acts feel better than having their toes luxuriously sucked. It ranks right up there with cunnilingus. You will never know until you try, and Female Dominance sessions are the ideal time to discover this hot new erogenous zone.

**Boot Worship.** Many of the Female Dominance magazines refer to this practice as "foot worship," although the sensation to the Mistress is hardly similar. Boot worship has less to do with the feet than the shoes or boots. Basically it consists of foot worship applied to the Mistress's footwear, an erotic displacement that many males find incredibly arousing. For the Lady involved, its erotic stimulus derives from the power involved in making a male bow down and lick her boots. (For more shoe symbolism, see Chapter 12, under "Costumes.")

## Other Fetishes

Noting the extension of actual foot worship into boot worship, the intelligent Reader can see that the Female Divinity is expressed not only by the beautiful Female body but also on a Woman's intimate possessions. Even your clothing is saturated with your essence and therefore holy.

The Goddess may choose to extend her power into various inanimate objects, which she commands her slave to worshipping. Panties, slips, gloves, stockings, and (of course) footwear are traditional; you may amuse yourself by making your votary worship other articles as well. The important qualities of the garment or possession are, first, its Feminine nature; second, its intimate contact with the Female Divinity; third, its ability to absorb the delicate perfumes of her body.

## THE NEEDS OF A VOTARY

The votary has the deepest respect and reverence for Feminine power. He knows that everything pertaining to Womanhood is suffused with erotic and spiritual force. Although the votary yearns to have the honor of contact with Female flesh, he would be happy simply to touch her boots, since this honor extends even to her possessions.

As a slave, he is willing to serve his Mistress unstintingly, to provide her with breathtaking and bountiful orgasms, and to undergo any ordeal she wishes. He may have to suffer from ritual cleansings, and he is also, of course, subject to the usual punishments for failing to please his Mistress.

### Ordeals and Cleansing Rituals

The trial by fire or religious ordeal is a session of punishment, ranging from simple spanking to lengthy penis punishment. All the techniques should be familiar by now; what differs is the meaning of the ordeal. A submissive of any stripe is punished for naughtiness. A votary (or an Amazon's slave) endures an ordeal to prove his manhood. A Governess may wish to see her schoolboy's spirit break into obedience and submission. A Goddess or an Amazon wishes to test her slave for his worthiness—spiritual or sexual, respectively. If he breaks, he has proved himself unworthy.

The Goddess's ordeal is not much different than the one described in the chapter on Amazons. However, the Goddess also insists upon cleansing rituals to purify her slave. They may be administered before he is permitted to touch her, after an absence, or after he has spent a session under the Rule of another Mistress.

Cleansing rituals usually include several forms of punishment, bondage, bathing, and sometimes golden showers and/or enemas. Plan them carefully to cleanse whatever part of your votary has been contaminated. For example, if he has been caught masturbating, focus the cleansing on his wicked fingers and penis. If he spent time with (or even fantasized about) another Mistress, the liberal application of a paddle, followed by a few strokes with the riding crop, should begin the process of purification, but you may also need to give him a panty cocktail (as described in the chapter on the Queen), an enema, and/or a golden shower to restore him to your complete Domination.

Only when all traces of the impurity are gone should you accept him back into your service. You may also choose to enact cleansing rituals on a weekly or monthly basis, just to keep him free of the taint of wicked thoughts.

### ENACTING THE SCENE

The classical three-act structure of a scene may apply rather loosely to the Goddess's domain. Some submissives are happy simply to serve and need little punishment. If you and your slave fit that pattern, concentrate on Act One, keep the punishment in Act Two to a minimum, and enjoy Act Three in whatever way strikes your fancy. Other votaries crave punishment, wish to undergo lengthy ordeals, or need frequent cleansing from impure thoughts. In that case, the establishment of authority in Act One may be brief, but the punishment of Act Two can be intense. In all cases, the release of Act Three should include plenty of Goddess worship of whatever type you most enjoy.

Remember, a happy Mistress is a sexually satisfied Mistress. No slave wants to fail by leaving his Goddess unfulfilled. Demand and get as many climaxes as you want.

## **Act One**

The activities suitable to this stage of the scene should be familiar to Readers who have been perusing this volume front-to-back. (If you have not, check the other fantasy chapters for suggestions.) Changing his clothes, placing him in bondage or in a penis restraint, showing him by voice and word that you are now his Goddess, you establish your absolute power and his absolute submission. You may wish to Feminize your slave, demand oral servitude, or receive foot worship. Depending on your script, you may find fault with the votary's performance (in which case, you proceed to Act Two and his punishment) or simply enjoy lots of stimulation.

If you Feminize you votary, it is not to punish him but to honor him with the touch of your Femaleness. He may be ashamed of his Feminine attire, but that shame is not merely the schoolboy's humiliation at being considered a sissy. It is a shame based in his knowledge of his own masculine unworthiness. You may follow Feminization with punishment for his temerity in dressing as the superior sex.

## **Act Two**

Your slave must be punished, cleansed, or subjected to a trial by fire. You may use every technique from verbal humiliation to golden showers to make your point. If the purpose is to punish him, make sure he breaks into submission (or the safeword) before you stop.

If, however, you are testing his devotion in an ordeal or purging his transgressions in a cleansing ritual, you can't go on until he breaks. In fact, if he does break, he has failed. You have to know your male's sensitivities very well to do this properly, but it can be exceedingly satisfying if you do it right.

Tell him exactly what to expect—a dozen strokes of the cat, say, and ten minutes of penis punishment—and warn him about what behavior will constitute failure on his part. Be specific. A Governess can get away with saying, "I want you to take this like a man," because she fully expects her charge to take it like a little boy. But you are not punishing a naughty boy, you are testing the courage and devotion of a grown male vowed to your service, and you owe him a clear and complete description of what he must achieve to pass the endurance test. Say, "You must endure ten lashes without moving or crying out, or I will gag you with these wet panties."

Yes, you should use your descriptive powers to make the coming ordeal seem almost unbearable, but you may not lie. Say, "Each lash will burn like lightning against your naked skin. You will long to writhe and moan, but you know you must lie still and take whatever your cruel Goddess chooses to give you—yes, and thank me for my kindness in punishing you so severely!" Don't say, "I'm going to give you a thousand lashes," and then give him ten. Don't even promise a dozen and then give him ten. That isn't kindness. The votary needs to test himself against a known benchmark.

### **Act Three**

Release! All the wonderful activities of Act One may be recapitulated here. Whatever reward you wish to offer for his manful fortitude through his trial by fire, whatever intimate rituals he



may now perform since he has been cleansed of sin, or whatever activity he has just been punished for previously bungling, may be done to your satisfaction and his.

His satisfaction may be taken in a number of ways: masturbating in panties to offer his seed to the Goddess is quite popular, or you may snap on a vibrating cock ring and give him a hands-off orgasm, or you may condescend to rub his penis yourself.

## VARIATIONS ON THE FANTASY

This fantasy works best with the Queen or Amazon fantasies. You can readily combine the Goddess archetype with the feminization and service of the Queen fantasy or the ordeal and bondage of the Amazon.

If your submissive male prefers the Nursemaid or Governess fantasies, you may want to work out a trade-off. You will baby or chastise him to his heart's content, but only after he has earned it with a lengthy session of foot worship or whatever you please. Do not agree to postpone your pleasure until after his fantasy, unless you know absolutely that your man is honorable about such things. Remember, control the cock and you control the man—a pitiable but accurate assessment of most males' priorities and emotional development. Or you may agree to alternate between the two forms of fantasy.



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## *Ten Rules for a Successful Mistress*

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*The rule of joy and the law of duty  
seem to me all one.*

*—Oliver Wendell Holmes, Jr.*

1. Control the orgasm, and you control the male.
2. To make any fantasy work, you must build suspense in your submissive.
3. Stimulation plus frustration equals service and submission.
4. Every submissive will try to test the limits of your Rule. Never let him get away with anything. He needs you to be both firm and consistent.
5. Physical pain alone cannot satisfy a submissive.
6. The more aroused your submissive is, the more pain he can take.

7. The more effective your psychological Dominance, the less pain you will need to inflict to control and satisfy your submissive.
8. All punishment is a balance between intensity and duration. More intense pain should last less time; if you want to prolong the punishment, use less intense stimulation.
9. Submission increases with time. As long as you maintain firm control, the longer a session lasts, the more thoroughly submissive your male will become.
10. Your control and pleasure are inextricably intertwined with his submission and pleasure.

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## Glossary of Female Dominance Terms

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*The chief merit of language is clearness,  
and we know that nothing detracts from this  
so much as unfamiliar terms.*  
—Galen

*Taffeta phrases, silken terms precise.*  
—Shakespeare

**Amazon.** A Dominatrix who enjoys capturing and tormenting recalcitrant males. Very much like an ancient Amazon, she is a warrior and ruler.

**authority.** The natural power, belonging exclusively to Women, of Ruling, Reigning, choosing, and judging.

**backboard.** A padded wooden device fitted with straps, designed to correct the posture of a slovenly male.

**birch.** A bundle of birch branches, often kept in pickle, and used upon the misbehaving male's bare fundament. A disciplinary tool of great value when used judiciously.

**bottom.** 1. The proper locale for nearly all physical corrections, such as spanking, caning, whipping, birching, strapping, and paddling. 2. A submissive, or the act of submitting.

**butt plug.** A thick cone of leather or plastic, insinuated into a disobedient slave's anus to remind him of his lowly status.

**cane.** A long slim switch made of rattan and used (especially in England) for the correction of particularly wicked and disobedient submissives. Use with extreme care upon a bare or clothed bottom.

**chastity device.** A leather, metal, or plastic device, usually fitted with locks, for the restraint of a submissive male's unruly member. It may make masturbation or even erection impossible.

**chastise.** To physically correct. Always practiced upon a submissive male by his wise and kind Mistress, who wishes only to guide him into a more suitable way of life.

**climax.** To achieve orgasm. The Dominatrix may enjoy this experience as often as she pleases, but it tends to be demoralizing to the submissive. The Mistress must strictly limit his access to this supreme pleasure to ensure that it occurs only upon her command.

**Clitoris.** The holy and beautiful nubbin of Female flesh that is the mark and center of her authority and power. The only human organ designed for pleasure only, rather than utility.

**clyster.** An internal scrubbing useful for flushing the wickedness out of naughty young men.

**cock.** A male's unruliest member. To be teased, tormented, and tamed.

**cock ring.** A collar, often equipped with a leash, for the control of the male.

**cock torture.** Severe punishment designed to put a male in his place.

**corner time.** After a chastisement, time the male must spend standing bare-bottomed in a corner, meditating on his sins.

**cunnilingus.** An act of worship at the Female Shrine. Demonstrates Feminine Superiority and male subservience.

**diaper discipline.** Placing a infantile adult male in a position emphasizing and punishing his childishness.

**dildo.** A rod-shaped instrument for controlling the male through his anus.

**discipline.** A necessary and delightful governance exerted by the Mistress upon the disobedient male. It can take the form of strict behavioral guidelines, control of dress and speech, verbal humiliation and scolding, and/or physical chastisement.

**discipline session.** An episode of Female Rule, emphasizing the Mistress's total control of the submissive male.

**disobedience.** Typical male behavior, to be curbed and punished by a wise Female hand.

**Dominance name.** The exalted and sublime title of the Mistress. To be spoken with reverence, fear, and respect.

**Dominatrix.** A Female who understands the relative value, virtue, and strength of Women and males. **Domme** is the short form, but it is always used with respect.

**enema.** A thorough internal ablution of a naughty male's interior organs. Often undertaken to scour away masculine dirty thoughts by purifying both brain and bowel.

**fantasy.** A vision of perfect bliss, especially when it expresses Female Rule over naughty males.

**Female.** The innately superior sex.

**Feminine.** Like a Woman. A term of superlative praise.

**Feminization.** The attempt of a male to become like a Female, through dress, speech, tone of voice, gesture, and action. "We must imitate the highest when we see it," Goethe.

**foot worship.** A demonstration by a humble male that even the lowest part of a Female's body is higher than he.

**Goddess.** A Mistress who allows mere males to rise from their low position by worshipping the glory of her Womanhood. She demands praise and devotion, and severely castigates those who deviate from her Rule.



**Governess.** A Mistress who expresses the superior moral position of Females by her tuition of the lowly adult male schoolboy. Such tuition generally consists of applied ethics—applied vigorously to the quivering, blushing nether cheeks of her charge.

**hairbrush.** An instrument for the taming of unruly locks and unruly buttocks. The bristles may also be used in the discipline of unruly cocks as well.

**humiliation.** A necessary element in the control of the submissive male, it consists of informing him by word or deed of his own unworthy nature, or making him confess to his own shame.

**Lady.** Term of honor for any Mistress, but particularly in use for a Female who Rules one or several males who have sworn lifelong fealty to her service and person.

**maid.** A male who has undertaken to preserve his Mistress from disagreeable and dirty tasks, such as housework, in return for the privilege of serving and obeying her. A happy man.

**male.** The inferior sex.

**Mistress.** A Female who Dominates a male. A very high term of praise and glory for the Female who has discovered her own power and fulfilled her natural destiny.

**naughty.** Disobedient, misbehaving, possessed of uncontrolled impulses or wicked thoughts. Typically masculine, this condition can be cured or at least curbed by a thorough acquaintance with a Dominatrix of the proper stamp.

**nipple clamp.** A device for restraining and punishing the male by constantly reminding him of his higher Feminine side.

**Nursemaid.** A Mistress who specializes in handling the most recalcitrant adult males, those who must be treated as infants or toddlers because they persist in acting like them.

**obedience.** The first duty a submissive male owes his Mistress; sadly, few males ever live up to this basic demand and therefore must be frequently disciplined.

**oral servitude.** A great honor for the submissive male: the chance to apply his ignoble mouth and perhaps tongue to the most precious part of his Lady's body.

**ordeal.** A test of worthiness, usually consisting of various taunts, torments, and titillations. The Queen, Amazon, and Goddess may all put a slave through these lengthy trials by fire to see if he is worthy of serving his Mistress.

**paddle.** A broad, flat wooden instrument useful for smacking mischievous bottoms. Best used when the culprit is bending over a school desk or chair.

**pantaloon.** Long drawers, often ruffled and lacy. Many wise Dominatrices use these to induce a sense of Female superiority in their sissy maids.

**panty slave.** A male submissive who can be controlled by Female items of clothing draped over his head, stuffed into his mouth, or worn on his own scorched sit-upon. May also refer to one who washes, irons, and cares for his Lady's lingerie.

**penis punishment.** Painful and humbling stimulation applied to a male's most uncivilized member. Discipline without damage is the goal.

**power.** The most notable Feminine attribute.

**punishment.** Appropriate treatment meted out to a submissive male by a just and prudent Dominatrix. The male must always respond with sincere expressions of gratitude and the invitation to repeat the chastisement whenever he requires it.

**punishment writings.** Written confessions to various misdeeds, useful for humbling the male and heightening his anticipation of punishment. May also be used to record promises of reform, expressions of contrition, or vows of obedience.

**Queen.** A Dominant Female who prefers to be served by a sissy male. She controls her submissives through shame, discipline, and especially Feminization.

**Queening.** A posture of triumph for a Dominatrix and blissful humiliation for the submissive, it consists of the Lady seating herself (clothed or nude) upon the face and lips of her grateful slave. On special occasions she may even permit him to render obeisance.

**Reign.** The Dominance of a Female, especially her power to control a male's thoughts and sensations for a lengthy period of time.

**Regime.** The Mistress's power to choose and command during a discipline session; used loosely of the session itself.

**render obeisance.** To salute the Female Shrine, sometimes even the Clitoris, with the lips and tongue. A rare and precious privilege for any vassal.

**Rule.** A Female's innate prerogative.

**schoolboy.** A submissive adult male who realizes that in his youth he did not sufficiently obey or attend to the Women in his life. He attempts to atone for his negligence by assuming a subservient role, accepting teaching and punishment from a powerful Female.

**session.** An all-too-brief episode of Female Dominance.

**Shrine.** A Woman's most secret place, beautiful, sweet, and worthy of worship.

**sissy.** A male who understands the superior value of Women and seeks to better himself by becoming like them.

**sissy maid.** A submissive lucky enough to serve a Queen by following her orders to dress and act as a Female. Commonly does her housework, worships at her Shrine, and fulfills her other desires. The happiest life for many males.

**sissy panties.** Ruffled panties worn by the male (usually a sissy maid) to signify his respect for the Female. His shame and humiliation at wearing them result from his knowledge

that he is unworthy to don Female garments. Also called **rumba panties**.

**slave.** A male who is possessed, controlled, and punished by a Female Dominant. Virtually synonymous with submissive, but most likely to have fantasies of the Amazon or Goddess archetype.

**spanking.** A childish punishment useful in controlling many males. Spankings may be administered over the knee, using hairbrush or hand, and ideally upon a bare pair of bottom-cheeks. Often followed by time in the corner.

**strap; also strop.** A leather belt or razor strop suitable for applying vigorously to the nether cheeks of the naughty male. Painful and humiliating, especially when the submissive has just been soaking in a bathtub.

**strictness.** One of the finest qualities of the Female Dominant.

**submission name.** The new name bestowed by the Mistress upon her submissive, which signifies his role as an inferior and his obedience to her.

**submissive.** An intelligent male who understands the proper relationship of the sexes. To be treated by the Dominant Female with consideration, affection, and total control.

**switch.** 1. A long, slim tree branch or twig, commonly taken from hickory, peach, or willow trees, to be used upon the buttocks of unruly males. 2. To change Dominance/submission roles.

**Top.** A Dominant Female; also, the act of controlling the submissive male.

**Tyrant.** A Woman who is in her rightful place: in command. To be feared, respected, and obeyed.

**underling.** Any male.

**vassal.** A male who has sworn to obey a Female Dominant and is thenceforth her property.

**whipping.** 1. A chastisement suitable for a submissive male who is behaving like a naughty schoolboy or a disobedient slave. Administered by the Mistress, using a leather cat or riding crop only on the upper back or the buttocks, this is a severe punishment, better used as a symbolic form of discipline. 2. Used loosely, any physical castigation.

**Woman.** A member of the superior sex. To be honored, revered, adored, and obeyed at all times.

**worship.** To prove one's adoration of the Mistress by kissing, licking, and stroking a symbolic part of her body or her clothing, such as the feet, the Shrine, or the panties. Done only on command.

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## Sources and Resources

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To further explore the world of Female Dominance, check out these sources and resources. Unfortunately, we cannot guarantee that your experience with these support groups, organizations, and stores will be positive; the list is provided only for information, not as an endorsement.

### SOURCES

There are many more books available on Dominance/submission than I have included here, from lurid fantasy fiction to the scholarly theories of Michel Foucault. I include only the works most of interest to a general audience.

Brame, Gloria G., Brame, Will, and Jacobs, Jon. *Different Loving: An Exploration of the World of Sexual Dominance and Submission*. New York: Villard, 1993.

A well-written, in-depth look at living your fantasies, featuring personal interviews with people involved in every aspect of fantasy sex. Highly recommended.

Califia, Pat, ed. *The Lesbian S-M Safety Manual*. Boston: Lace Publications, 1988.

Designed for Lesbians, but straight Dommes can also find lots of important tips.

Greene, Gerald and Caroline. *S-M: The Last Taboo*. New York: Grove Press, 1974.

A good overview of all kinds of D&S play.

Mistress Jacqueline. *Whips and Kisses: Parting the Leather Curtain*. Buffalo, NY: Prometheus, 1991.

The memoirs of a professional Domme. Interesting because, like so many Dominant Women, she started out as a submissive.

Scott, Gini Graham. *Erotic Power: An Exploration of Dominance and Submission*. Secaucus, NJ: Citadel, 1983.

A scholarly look at the pleasures and occasional problems of Female Dominance. Highly recommended.

## BOOKS, TOYS, AND COSTUMES

Many catalogues for naughty fantasies are listed in the Intimate Treasures catalogue of catalogues (PO Box 77902, San Francisco, CA 94107-0902; 415-896-0944 voice; 415-896-0933 fax). Or see their ads in such magazines as *Cosmopolitan* and *New Woman*.

QSM (PO Box 880154, San Francisco, CA 94188; 415-550-7776) is the best mail-order source for kinky books.

Lady Katherine's Nice-n-Naughty electronic catalogue can be downloaded from CompuServe and offers books, toys, and other items of interest.

Dressing for Pleasure (PO Box 43079, Upper Montclair, NJ 07043; 201-746-5466) has a fine catalogue. Call them for directions to their spectacular store, which features room after room of toys, costumes, and books. They also sponsor fetish events.

Women Who Administer Punishment (WhAP!) Magazine is styled to have the look and feel of a 1950s women's magazine. WhAP! focuses on corporate-class American women who love to spank, infantilize, and sissify their juvenile men. The illus-



trations are first-class, the writing is lively and literate, and the discipline is devilishly apt. A sample copy is \$7.95; a four-issue subscription costs \$29.00 from Retro Systems, PO Box 69491, Los Angeles, CA 90069. Please include \$3 S&H with each order. They also offer a catalog of goodies, including audio tapes. Credit card orders may phone or fax 310-854-1043. Anyone over 18 may visit the WhAP! site: <http://www.hooked.net/~whap>

In Canada, For Play (10524 124th Street, Edmonton, Alberta T5N-1R9; 403-482-4066) has both a store and a catalogue.

For basic equipment look at the Xandria Collection (PO Box 31039, San Francisco, CA 94131) and the Voyages Catalogue Group (VCG, PO Box 78550, San Francisco, CA 94107-8550; 415-896-0706; fax 415-896-0933), which offers fetish clothing, toys, videos, and books.

For lingerie, the widely available Frederick's of Hollywood and Victoria's Secret catalogues offer the full range from discreet silk to lurid leopard-print. For large-size lingerie, try Barely Nothings (1514 Grand Avenue, Grover Beach, CA 93433-2209; 1-800-4-BARELY; fax 1-805-489-5987).

## **SUPPORT GROUPS**

The Eulenspiegel Society (Box 2783, Grand Central Station, New York, NY 10163) is the oldest support group for people who enjoy power exchange. Their events, classes, demos, and speakers are some of the best on the East Coast.

People Exchanging Power (PEP), founded in 1986 by Nancy Ava Miller, is a support group and clearinghouse for information on the S&M/D&D/D&S/fetish experience. Local chapters across the country offer meetings and speakers. In addition, paid telephone counseling (including advice and fantasy) is available from experienced lifestyle Dominant and submissive women who treat your desires with dignity, integrity, respect, and love.

For more information on PEP phone counseling, literature packets, and fetish videos, call any of these numbers: 908-284-8028; 716-672-3422; 214-994-7771; 202-452-5522; 804-671-3727; 704-559-4111; 317-579-3231; 617-576-9792; 215-552-8582.

The Service of Mankind Church (SMC) is a FemDomme church. Send SASE to PO Box 1335, El Cerrito, CA 94530; 510-232-1369.

Society of Janus (Box 426794, San Francisco, CA 94142) is one of the oldest S&M support groups in the country and still one of the best.

ULC (PO Box 281172, East Hartford, CT 06128) stands for the United Leatherfolk of Connecticut. Laura Goodwin, a highly respected Domme, leads the group.

## THE KINKODEX

Most people have Roledexes. Mine is jammed with delightful perverts and other kinky folk—thus the Kinkodex. I'm always looking for like-minded people: toymakers, professional therapists and counselors, ProDommes, support groups, magazines, publishers, and on-line services.

If you know of any sources or resources for information on D&S, don't keep it to yourself! Send me a letter (to the Berkana Press address, which is listed on the copyright page) describing the services and/or products available, along with the name, address, phone and fax numbers, contact person, and any other useful information. I appreciate your help and support in maintaining the Kinkodex.

## About the Author

Lorelei, author of *The Mistress Manual*, *The Awakening*, *Getting Her Interested . . .*, and *A Charm School for Sissy Maids*, is a professional writer who has published three other books under other names. She hosts the FemDomme Network Conference on CompuServe's HSX200 board and is a frequent poster to the alt.sex.femdom board on the Internet.

Lorelei is not now and never will be in search of in-person submissives and *never* does paid 3D sessions. If you have questions or need advice, you may write to her care of Berkana Press, 491 Baltimore Pike, Suite 404, Springfield, PA 19064. You can also e-mail her at MsLorelei@aol.com. Please send respectful letters only; send no photographs! She replies as soon as she can, but it may not be by return mail.

## About Berkana Press

Berkana, the Norse Goddess of birch trees, symbolizes Female power: fertility, abundance, spiritual cleansing, and sustaining structure. Berkana's combination of imagination and discipline makes creation possible. Berkana is also the runic letter corresponding to our letter B. To us it stands for balance, for bravery, for blessings, for the best books available.

We are always interested in hearing from our readers. Please write to us at Berkana Press, 491 Baltimore Pike, Suite 404, Springfield, PA 19064. Let us know what kind of books you'd like to see. Respectful letters only! Please do not send photographs. This is a woman-run press; don't address us as "Dear Sirs." All letters become property of Berkana Press. Our discretion is assured; we will never share your name and address with anyone without your permission. You must include a signed statement that you are over 18, or we have to toss your letter without reading it.

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## Also Available from Berkana Press

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### *Getting Her Interested. . .*, by Lorelei

A practical guide to persuading your Wife or Lover to Dominate you sexually. Includes an explanation of her reluctance, successful tactics to bring up the subject, and what *not* to do under any circumstances. By framing the request in a new and exciting way, you can get what you so deeply desire: a happy, thoroughly Dominant Mistress to command you. So many submissive men yearn in vain to give themselves completely to a powerful Woman. By following the strategies in this pamphlet, you may be able to stop yearning—and start submitting.

ISBN 0-9648561-1-5. 32 pp. \$5 plus \$2.00 S&H.

### *The Awakening* by Lorelei

Katarina, the beautiful Austrian war bride of an American lawyer, teaches her disrespectful husband to obey her every command. Using panty slavery, spanking, forced feminization, and her elegant high heels, Katarina's creative domestic discipline transforms a sloppy, thoughtless husband into an ideal sissy maid, 1950s-style. You won't soon forget the climactic party scene—and neither will Bob!

ISBN 0-9648561-3-1, 32 pp. \$5 + \$2 S&H

***A Charm School for Sissy Maids*, 2d ed., by Lorelei**

A large-format, seductively illustrated guide to becoming a helpless panty slave. This complete training program includes feminization, service, and discipline. Its unique daily-submission format offers commands, exercises, and hints for successful service to even the most demanding of Mistresses. Learn the proper way to curtsy, to serve tea, to perform all the services of a Lady's maid, to care for your Lady's lingerie, and to attend to her most personal needs and desires.

Any submissive male willing to follow this program can be transformed into a dedicated panty slave and a winsome, fetching sissy maid. You'll be amazed at the change in yourself! Best of all, you will learn how to please—and attract—the kind of Mistress who yearns to put up her feet and relax while you bustle about in apron and sissy panties. Of course, once she has inspected your work, you may expect some discipline—or reward. A panty cock-tail? Or something even more deliciously embarrassing?

*A Charm School* is also a useful guide for the Mistress training her submissive. Full of fresh ideas for devilish discipline and delightful services, this guide will provide just the structured approach your sissy submissive longs for—and give you new ideas for keeping him firmly under your well-manicured thumb!

*ISBN 0-9648561-4-X. 124 pp., illus. \$13.50 plus \$4.50 S&H.*

**Why a Second Edition?**

The second edition contains new, never-before published material. You will definitely want to read these exciting new chapters! However, if you already own the first edition, you don't need to buy the second! Instead, Berkana Press is offering you a free upgrade. Just send a 9x12 self-addressed stamped envelope (postage for 3 ounces) to CSSM UPGRADE, Berkana Press, 491 Baltimore Pike, Suite 404, Springfield, PA 19064.

## *The Mistress Manual*

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Mail to: BookMasters, PO Box 388, Ashland, OH 44805. Please add an additional \$5 for shipping to Canada; an additional \$10 for European orders; an additional \$15 for all other overseas orders.

*Getting Her Interested...* (\$5.00 + 2.00) \_\_\_\_\_

*The Awakening* (\$5.00 + 2.00) \_\_\_\_\_

*A Charm School for Sissy Maids* (\$13.50 + 4.50) \_\_\_\_\_

*The Mistress Manual* (\$25 + 4.50) \_\_\_\_\_

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S&H for non-US orders \_\_\_\_\_

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I am over 18. \_\_\_\_\_

(signature)

### **New! Toll-Free Number for Credit-Card Orders!**

Berkana Press now accepts credit card orders. Call 800-247-6553 **for credit-card book orders only**. This number is strictly an order line staffed by nice vanilla people who don't know anything about Female Dominance, so please don't bother them with untoward questions. Letters to Lorelei **must** still be sent to 491 Baltimore Pike, Suite 404, Springfield, PA 19064.





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